



Sourcebook photo contest deadline is extended to Feb. 15. All local photographers are invited to send their photos to sourcebook@reedermedia.com.
– See ad on page B-5 for more information.

FUESD
collaborates on
redistricting

Rick Monroe
Special to the Village News

On Monday afternoon, Jan. 10, the Fallbrook Union Elementary School District Governing Board met for their regular session and first public discussion of the newly created trustee redistricting scenarios. There are five trustees, each with a geographic area they represent.

With the arrival of the updated 2020 census data, FUESD began work with Cooperative Strategies to adjust the FUESD Trustee Areas to better reflect the community of Fallbrook and ensure demographic equity for each area. Cooperative Strategies and their team of demographers initially provided three possible draft options to the Governing Board to consider but added Scenario 2A at the Jan. 10 meeting.

With the FUESD Board’s goal of ensuring every community member is heard, a public listening session was held as a virtual meeting where any community

see **FUESD**, A-11

Lady Warriors outscore
the Cougars 2-1



Fallbrook’s Karen Ruiz kicks the ball to a teammate during a varsity girls soccer game against Escondido, Jan. 12. See more photos on page B-3. Village News/Shane Gibson photo

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COVID-19 spikes in
Fallbrook schools

Rick Monroe
Special to the Village News

Administrators in Fallbrook schools – at both the elementary and high school districts – put out warnings at their respective meetings Monday, Jan. 10, that COVID-19 is a meaningful threat at their schools.

Superintendent Candy Singh of Fallbrook Union Elementary School District told the board that more than 1,100 students were absent on Jan. 10. The district has 4,902 in-person students enrolled and 810 district employees.

At some schools, there were more staff than students with COVID-19, making it difficult to find substitute teachers and other replacements.

“Thank you for planning ahead and being better prepared than other districts,” commented Suzanne Lundin, board president, to Singh. “We’re just very grateful for all the things you are doing every day to keep kids in school.”

“Your leadership is brilliant,” added Caron Lieber, board member.

Singh noted it was a team effort and that she was especially grateful to Leonard Rodriguez, executive director of pupil personnel services.

“He’s our point person and I am very grateful to have someone with his leadership,” Singh said. “We’re doing OK with substitutes right now, but it’s not easy, especially with classified staff. There just

aren’t that many subs.”

Singh added that it’s important to remember the “why” of their assignment, “to keep kids in school.” She also thanked the parents who are keeping their students at home when they are sick, and the job of school nurses, principals and teachers.

Meanwhile, at the meeting of the Fallbrook Union High School District the same evening, Eddie Jones, board president, complimented the work of Superintendent Ilsa Garza-Gonzalez in keeping students in school.

According to the high school’s COVID-19 public data site, there were 113 confirmed students infected with the disease, and eight confirmed staff.

The elementary school’s COVID-19 dashboard for Jan. 10 didn’t show as many cases as Singh referenced, and had more employees with active cases than students, 142 to 101.

That report lists the number of students and number of staff combined at the different schools in the district. It showed Live Oak Elementary with 72 staff and students affected. Next was La Paloma Elementary with 42 and Maie Ellis with 34. Potter Middle School only had six cases.

By comparison, the COVID-19 Dashboard for the elementary district showed less than 10 students daily for much of October and November.

MCJROTC says
farewell to founding
leadership, hails new



Lt Col William L Wade and MSGT Brian Richardson have turned the Fallbrook Union High School Marine Corps JROTC program over to new leaders. Village News/Courtesy photo

FALLBROOK – In military tradition, changes in leadership are an expected part of growth and development. This past summer, LtCol William Wade and Master Sergeant Brian Richardson decided it was time for the Fallbrook Union High School Marine Corps JROTC to follow in that tradition.

Wade and Richardson began working with FUHS administration to select the next generation of leadership that would replace themselves. The new leadership needed to be up to the challenge of taking the Warrior Cadets of FUHS

see **FAREWELL**, page A-8

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VILLAGE NEWS



ANNOUNCEMENTS

FCAT presents ‘Watersheds and Droughts’



Deirdre Des Jardins, physicist and independent analyst of California water, will be speaking at the Fallbrook Climate Action Team meeting Jan. 25.

FALLBROOK – Fallbrook Climate Action Team will host a talk about watersheds and droughts Tuesday, Jan. 25 at 6:30 p.m. on Zoom. The speaker is Deirdre Des Jardins who is a physicist and independent analyst of California water.

Des Jardins advocates for climate adaptation policies that protect vulnerable populations and ecosystems. She will talk about water issues in California and San Diego County. FCAT presents monthly (except December) presentations about climate change and mitigation, usually on the last Tuesday of the month on Zoom. To receive the Zoom link, sign up for the group’s eblast on fallbrookclimateactionteam.org. In addition to FCAT’s presentations, it is partnering with Save Our Forest to promote tree planting in Fallbrook. Order a tree from Save Our Forest, get expert planting consultation on putting the right tree in the right place, and receive a membership with the Fallbrook Land Conservancy. For information, contact Tim O’Leary at timolearyx@gmail.com.

Submitted by Fallbrook Climate Action Team.

Save the date for Bark in the Park

FALLBROOK – Bark in the Park, a dog festival, will be held at Live Oak County Park Saturday, March 19, from 10 a.m. to 2 p.m. Residents can bring the whole family (especially the furry four-footed ones) for a day of fun to help raise funds for Live Oak Dog Park. There will be a community dog walk, super fun contests, pet-related booths, drool worthy food vendors, pawsome demonstrations, raffle prizes and so much more. For more details, visit www.fallbrookdogpark.com.

Submitted by Fallbrook Dog Park Committee.



Bark in the Park raises funds to maintain the dog park at Live Oak Park.

‘Air Plants for All’ to be the topic for FGC meeting



FALLBROOK – Andy Cuffel of Cuffel Farms, will be the guest speaker at the Fallbrook Garden Club’s general meeting, Tuesday, Jan. 25. In this presentation, he will talk about how to incorporate

tillandsias and other epiphytic bromeliads into one’s home and garden. Tabletop space is a valuable commodity, and air plants are a great way to fill plant and garden spaces

without taking up any more of that valuable space. The audience will learn how to design with and display air plants, general tillandsia care and best practices for successful growing indoors and outdoors, and a brief history of tillandsias and the unique features that are shaped by a plant’s native environment. Cuffel got his first air plant as a gift in 2015. One plant became 20, and 20 became 100. As he started researching them, he was enamored with how unique their growth habits were and how gorgeous so many of their features were. He is most passionate about educating people about these plants. Meetings are held at the Fallbrook Community Center, 341 Heald Lane, with 12:30 p.m. social time and 1:00 business meeting. The program starts at 2 p.m. The public is welcome. For further information relating to the club and its activities, visit www.fallbrookgardenclub.org. Masks required for all. Submitted by the Fallbrook Garden Club.

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“when you are hungry, nothing else matters.”

Free income tax return preparation offered

FALLBROOK – AARP’s tax-aide program is sending its IRS-certified volunteer income tax preparers to Fallbrook to do free tax return preparation for low and middle-income taxpayers with extra assistance for seniors. This service includes personal federal and state returns of a non-complex nature. Appointments will be held

at the Fallbrook Senior Center, 399 Heald Lane; call 760-728-4498 for an appointment. These appointments will start the second week of February, exact dates and times to be determined. Appointments will be set up as a wait list until then. Tax-aide volunteers are not trained to prepare tax forms that include farm or rental income,

complex business or partnership income, uninsured casualty losses or alternative minimum tax. Other restrictions apply. Eligibility is determined by the individual volunteer preparer. For more information, visit <http://www.aarp.org/taxaide>. Submitted by the Fallbrook Senior Center.

NCFPD to hold virtual community forum

FALLBROOK – The North County Fire Protection District is holding an open forum on Jan. 26. Residents are encouraged to attend and discuss plans on how to improve the way NCFPD serves the community. Due to Covid concerns, this meeting

has been changed from an in-person meeting to a virtual (Zoom) meeting, from 10 a.m. to 12 p.m. To join the Zoom meeting go to <https://zoom.us/j/93238511761>. North County Fire would also like residents to take part in a community survey to

help the district gain insight into the opinions and needs of the local communities. The Community Survey, which is anonymous, is located at <https://www.surveymonkey.com/r/NCFPDCommunity>. Submitted by NCFPD.

CALENDAR

Jan. 20 – 11 a.m. – Silvergate Fallbrook is hosting Senior Living Lunch & Learn which includes a talk on today’s real estate market, tours of the 5-acre campus with its newest renovations, a chef-crafted lunch, details of offered events and meeting the caregivers. RSVP to 760-8880, seating is limited, 420 Elbrook Dr.

Jan. 22 – 11:30 a.m. – Friends of the Fallbrook Library is holding a book launch event for T. Jefferson Parker’s new book A Thousand

Steps. A light lunch will be served at 12 p.m. at Pala Mesa Resort. The author will speak and sign copies of his new book. Tickets for the event are \$35 and are available at the Bottom Shelf bookstore in the Fallbrook library, 124 S. Mission Road or at www.fallbrooklibraryfriends.org.

Jan. 22 – 12-3 p.m. – Fallbrook Art Association is holding the Grand Opening of The Gallery, 300 N. Brandon, with appetizers, live music, its January Art Show, meet the artist. For more info, call 760-645-0491.

March 19 – 10 a.m. to 2 p.m. – Bark in the Park will be held at Live Oak County Park. This annual event hosts plenty of fun activities, including a community dog walk, super fun contests, pet related booths, drool worthy food vendors, pawsome demonstrations, raffle prizes and much more. For more information, visit www.fallbrookdogpark.com.

April 24 – TBA – Fallbrook Chamber of Commerce will hold the 35th annual Avocado Festival on Main Avenue. More information to come.

3 Books by Local Author Lee Hulsey

Available on Amazon!

A Golden Nugget from Lee's Corner Vol. II

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SHOWTIMES FOR FRIDAY 1/21 - THURS 1/27

KINGS DAUGHTER PG		
Friday	4:30pm	7:10pm
Monday	7:10pm	
Wednesday	7:10pm	
BELLE (2022) (SUBTITLED) PG		
Sat-Sun	1:25pm	
BELLE (2022) (DUBBED) PG		
Friday-Sun	4:25pm	
Thursday	4:25pm	
SCREAM (2022) R		
Friday	4:15pm	7:15pm
Monday	7:15pm	
Wednesday	7:15pm	
355 PG13		
Fri-Thurs	7:25pm	
SING 2 PG		
Friday	4:10pm	7:00pm
Monday	7:00pm	
Wednesday	7:00pm	
SPIDERMAN NO WAY HOME PG13		
Friday	4:00pm	7:30pm
Monday	7:30pm	
Wednesday	7:30pm	
Sat-Sun		
Tuesday	1:30pm	4:30pm
Thursday	4:30pm	7:10pm
Sat-Sun		
Tuesday	4:15pm	7:15pm
Thursday	4:15pm	7:15pm
Sat-Sun		
Tuesday	4:10pm	7:00pm
Thursday	4:10pm	7:00pm
Sat-Sun		
Tuesday	12:45pm	4:00pm
Thursday	4:00pm	7:30pm
Wednesday		
Thursday	4:00pm	7:30pm

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PENDING

Panoramic Views
4,618 sf panoramic view estate overlooking Monserate Winery on 4.69 acres in Fallbrook! Sunsets and Breezes galore to be enjoyed at this gorgeous property. Picture windows frame views from every room over the rolling hills of Fallbrook and the Gird Valley. Main level primary suite includes a gym and office area. Additional downstairs bedroom and 2 more upstairs bedrooms with an upstairs entertainment area! Upgraded kitchen. Pool that is 9ft deep.
Offered at \$1,748,747



SOLD

4489 Fallsbrae, Fallbrook
Peace and tranquility meets sophistication and convenience. This south Fallbrook single story dream property enjoys million dollar views from nearly every room! Gated, on 2.14 acres and perfectly positioned at the end of a cul-de-sac on one of the most sought-after streets in Fallbrook! This unique custom built 4BD, 4 full BA home is one of only six homes with direct access to Rancho Fallbrook's small, private and oh-so-picturesque Lake Sycamore.
Sold for \$1,310,000



SOLD

Beautifully Upgraded
4BD, 3BA, 3285 sf single story home with paid solar, located in the pristine gated "Shady Grove" neighborhood in Fallbrook. custom floor-to-ceiling windows along the entire back of the home create an open ambience to take in the view.
Sold for \$940,000



SOLD FOR \$27,260 OVER LIST PRICE!

Hialeah Estates
Where the Red Hawk Soars! Thoughtfully perched on the crest of the hill in sought after Hialeah Estates area of Bonsall you will find your one level retreat. Captivating views in the front of the home and panoramic views out the back with vistas to the ocean and beyond on clear days. Privacy, peace, tranquility and soothing breezes. Superior quality can be found in all improvements and amenities inside and outside this home.
Sold for \$1,370,007



SOLD FOR \$107,253 OVER LIST PRICE!

Hidden Meadows
Where the Red Hawk Soars! Enjoy your custom home perched dramatically on a hilltop in sought after Hidden Meadows. You will enjoy the evident quality at every turn along with panoramic views in every room. The main floor primary suite with luxurious spa bath and dual walk-in closets will definitely provide you a sanctuary retreat experience. 2 additional en-suite bedrooms are currently used for an office/den and an exercise room.
Sold for \$1,586,000



SOLD FOR \$43,253 OVER LIST PRICE!

Your Own Paradise
Welcome to your own paradise conveniently located in South Fallbrook. Exceptional quality and attention to every detail will be found in this magical log home with soaring 2 story ceilings with tongue and groove vaulted and exposed beams all framed by a dramatic covered wrap around 3 sided porch. Enjoy the convenient breezeway flanked by electric awnings for added shade and comfort. You can bring your horses, RV's or car collection...or all 3 and more! 1040 SF Detached shop which could hold 4 or more cars is finished in the same detail as the main home, and an active working outhouse hooked up to sewer for outside convenience. Seasonal creek.
Sold for \$1,292,000



SOLD FOR \$271,000+ OVER LIST PRICE!

Spectacular Newly Remodeled
4BD, 4BA country estate with upstairs bonus room and balcony welcomes you to paradise as you take in the panoramic views from every room! Enjoy all the modern convenience while relaxing on your own private 3.38 acres. A new paid solar system, installed on the new roof, an irrigation well, new upgraded flooring, new Milgard windows, a kitchen with a Viking prof range and other upgraded stainless appliances set the stage.
Sold for \$1,650,000

Ken's Corner

WHAT IS NEXT?
We are working on our business plans for this year. It brings up many questions I am sure we all have. In review of all the data from a multitude of sources, 2022 seems to be a year of transition into a more stabilized market. There are opportunities for both Buyers and Sellers when this happens. Let's discuss what works best for you and your upcoming plans.
AT YOUR SERVICE! - Ken

Sharon's Corner

We have some amazing new listings coming up!
If you want to get a jump on the 2022 market, and take advantage of the current selling prices, with our pricing and marketing strategies, give me a call now to set up an appointment!
Let's talk! - Sharon

LAND / INVESTMENT

If you are interested in knowing more about NNN Investments, please give us a call anytime!



SOLD

Dollar General
3 Dollar Generals are currently In Escrow in Michigan. 4.3 Million - represented the Buyer!
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SOLD

Dollar General
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Offered at \$1,269,560



SOLD

Dollar General
Leighton, Alabama - NNN investment guaranteed by BBB+ rated Dollar General Corporation. 9.9 years remaining on initial 15 year lease with 4X5 year options. 6.35 CAP rate at:
Offered at \$1,092,500



SOLD

Dollar General
Alexander City, Alabama- NNN investment guaranteed by BBB+ rated Dollar General Corporation. 9.5 years remaining on initial 15 year lease with 4X5 year options. 6.35 CAP rate at:
Offered at \$1,213,400



SOLD

Westport Manor
A highly upgraded 8 unit apt. building located in a superior rental area of Anaheim, CA. All units have garage parking. Improvements include roll-up garage doors with openers, dual paned windows, wall a/c.
Sold for \$1,920,000

Business Spotlight



Fallbrook Food Pantry

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Charity Spotlight

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www.hopefallbrook.com

OPINION

Should the government run healthcare?



Assemblymember Marie Waldron
AD-75

Last week the Assembly Health Committee reviewed, and passed, AB 1400, which would mandate government-run healthcare for almost 40 million Californians. Are you on Medicare? You won't be. Do you like your current health

plan? Say goodbye to it. Do you want to pay higher taxes, for less care? You're in luck.

AB 1400 creates an unelected 9-member board to run state healthcare with vast power to decide how much doctors and hospitals are paid, to adjust (cut) provider budgets, and much more. When a similar bill was proposed in 2017, costs were estimated at \$400 billion. If the entire state budget had been spent on healthcare, the program would still have been \$200 billion short.

Where does the money come from? ACA 11 would provide the funding – or rather, taxpayers would. New excise taxes, payroll taxes, and personal income taxes in excess of \$163 billion per year would be necessary. People are already fleeing California – and this would add to the exodus. Then there is the daunting task of passing ACA 11, which requires a two-thirds vote in each house, and

final voter approval.

Will voters support massive tax increases? Will they support abolishing their existing health plans? Will millions of seniors voluntarily hand Medicare over to a state bureaucracy famous for allowing EDD, which serves a comparative fraction of California's population, to crash every time there's a big spike in unemployment claims? The same bureaucracy that's incapable of providing more water storage, dealing with homelessness, crime, housing shortages? Without funding, AB 1400 is meaningless.

This proposal requires independent review. My Caucus has asked the Legislative Analyst's office for a Citizen Cost Impact Analysis to determine the true impact of AB 1400 and related costs on workers, patients, and our healthcare delivery systems. The review will likely be an eye-opener.

Kicking It: Beauty or the Beast?



Elizabeth Youngman-Westphal
Special to The Village News.

You may recall I mentioned a recent trip to Texas in a previous column. No? Well, it really doesn't matter either way, I was just looking for a transition from that column to this one.

Here is what happened while I was in Austin. I had an allergy attack and both eyes started itching. Crazy itchy. Lucky for me I was with my bridge partner who was staying with his friends and before we left for a Tex-Mex dinner, I asked our hostess if she could provide me with some eye make-up remover? By the time I asked, both of my eyes were unpleasantly itchy. Lucky for me she had the very same eye makeup remover that I use and, by taking off my mascara, my eyes soon recovered and started feeling normal again.

This has only happened one other time since May of last year, which happened when I was standing out in the wind while watching the grandkids thrash around in the shallow part of the San Diego Bay. We were staying at the beach rental and it was the windiest afternoon of my recollection. By the time I returned upstairs, I could barely open my scratchy eyes.

When I got back to Fallbrook, I tossed out all of my eye cosmetics. They've been replaced with hypo-allergenic, non-animal tested products. And it worked for a while. Mostly. Except for some reason in Austin, they didn't.

Since I still had a long day of duplicate bridge the next day, I opted not to take a chance and did not apply any make-up on Monday. After all, everyone was masked so, I thought, what's the

big deal? No one besides my partner even knew me.

All was fine until the end of the day when I met up with a squad of Texas bridge gals in the powder room. One in particular, offered a back-handed compliment that reminded me of my former Texas sister-in-law. You know, that stretched-lipped smile with a sugar sweet comment like, "with your good figure, you really should wear make-up." "Girl, you are never too old to look good. Ya, never know who is looking back."

This comment was delivered by a smartly dressed lady of questionable years with pale pink overlined glossy-Goldie-Hahn lips and eyelashes you could hang a roof on. Clearly, a former Miss-Big-Haired-Texas Longhorn beauty back in the day.

Now in my defense, that was the only day in memory, that while attending a public event of a thousand people, I arrived without wearing makeup.

Yet, it was this encounter that got me wondering. When does a woman put down her makeup brush?

I for one wear makeup for myself. The possibility of passing a mirror without a glance is foreign to me and it seems prudent to add a bit of powder and mascara.

Maybe when I was much, much younger, I believed that adding an extra dab of eyeliner would enhance my chances to lure a fella, but, looking back, I am not so certain if that had any effect on my flirting successes or failures.

For the most part, I believe men are turned off by those unsightly clumps of goo that accumulate near the tear ducts. Certainly, Chandler Bing had a lot to say about it in a "Friends" episode.

What I have concluded from all of this pondering about makeup is first, my luring days are at an end. Second, I have discovered it's more important to work on my personality than my rouge. And lastly, while a man may be intrigued by a certain lady's endowed body parts, I've yet to meet a fellow who desires to be accosted by a rack of false eyelashes or gooley lip gloss.

Yet one truth remains, putting down the war paint will never make us equal to a man until we can walk down the street with a bald head and a beer gut, and still believe ourselves to be sexy.

Enough is enough. Support the SAFE Act



State Senator Brian Jones
District 38

For too long communities across my district have had to worry about the state sneaking around trying to

release or parole dangerous sexually violent predators in unsuspecting neighborhoods. Last year, families in Mt. Helix, Ranchita, Borrego Springs, and Rancho Bernardo were jolted by the state's attempt to put not just one but in some cases two Sexually Violent Predators in their communities.

The recent proposed placements of Sexually Violent Predators Douglas Badger and Merle Wakefield fit an ongoing pattern of deceit and deception by the State and represent a broken process that needs to end.

That is why I am authoring the "Sexually Violent Predator Accountability, Fairness, and Enforcement Act" to prevent the state from continuing to try and secretly dump Sexually Violent

Predators in East and North San Diego County, as well as other unsuspecting communities throughout our state.

The SAFE Act will require real transparency in the SVP placement process, force state officials to own up to their placement decisions and make public safety the highest priority!

If you agree with me that this process is broken, and our communities deserve better from the state government, please sign up to Support the SAFE Act! To learn more, please visit my website at <https://jones.cssrc.us/>.

I will continue to oppose the placement of any Sexually Violent Predators in our community and this bill is the first step to protect our communities.

Public safety



Supervisor Jim Desmond
5th District

It's been a difficult past two years, filled with unspeakable tragedies. It has served as a stark reminder that life is precious, that we should spend as much time as

we can with our friends and family, and that we should be kind to one another.

With 2021 in the rearview mirror, it's time to look forward and come together! While we know there are difficulties that lie ahead, I'm excited for what the future has in store and look forward to 2022! Over the next few weeks, I'll be sharing some of the issues and topics that I'm focused on as a County Supervisor going into the new year.

Public safety is imperative for any society and we are extremely fortunate to live in such a safe community thanks to our brave men and women who protect us. I'm proud to say that in a 'Defund the Police' culture, we have increased our public safety budget in North County. I believe we need to provide law enforcement the tools

they need to do their job and work hand in hand in protecting our community.

Also, we have reduced recidivism thanks to the Veterans Moving Forward Program. A few years ago, I had the opportunity to tour the Vista Jail, specifically the veterans ward. The Veterans Moving Forward program provides veterans in-custody treatment and services so that once their time is up they can go back into the community and contribute to society. I'm pleased to say we have expanded this program and are seeing more and more success stories, like Ricardo Davis (www.kusi.com/veterans-moving-forward-program/).

San Diego is home to one of the largest veteran communities in the country and I believe we need to do all we can to help them.

It cleans below the gum line

There was nothing worthy of my rebuttal last week. I'm glad, because I've been waiting to present the following:

There are a lot of things I have negative feelings about, but here are two things I'm really positive about: water flossers and electric toothbrushes, based on my more than 20 years' experience with them. While my dentist recommended the electric toothbrush to me, I discovered the water flosser on my own.

I don't know why people aren't shouting it from the rooftops: water flossers do what no toothbrush or piece of string can do, and that's clean below the gum line! Below the gum line are pockets, repositories for the plaque a brush can't reach and are the breeding ground for bacteria that infect gums and teeth. Who wouldn't want an easy way to clean that mess up, if they knew one was available?

Besides the health benefits, the water flosser is more versatile and easier to use than dental floss. Like many, I didn't get dental braces, so I have some misaligned

teeth that are so close together that it's virtually impossible to get dental floss through. That's a non-problem for a water flosser. And for persons of any age with braces, a water flosser makes flossing a snap.

I'm not going to mention brand names here. I will say this; for the water flosser, or any other dental product, be sure it's ADA approved. I highly recommend the combo – flosser and electric toothbrush – but if you have to make a choice, by all means, get the flosser first.

If you've mastered the art of the manual toothbrush, you might not see a big improvement with an electric toothbrush, but the statistics show that most people experience a noticeable improvement in dental health when they go electric. There are two basic types – rotary and sonic. There are proponents – and detractors – for both types, so decide for yourself: either way, you can't lose.

John H. Terrell

ARISE & Shine

"The Kingdom of Heaven"

“ Do you not know?
Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint. ”

Isaiah 40:28-31

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Schools shouldn’t mandate ‘Most dangerous vaccines in human history’

Children’s Health Defense Team

In late October and early November, the self-serving members of two committees advising the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention without a second thought endorsed experimental COVID vaccines for children as young as 5 years old.

Ignoring the 99.995% COVID survival rate for those age 17 and under, the 31 pharmaceutical “experts” also appeared unconcerned by reams of damning data about COVID-vaccine-related disabilities and fatalities already occurring in the 12–17 age group – unnecessary tragedies being acknowledged that very instant in a panel discussion convened by U.S. Sen. Ron Johnson (R-Wis.).

Predictably, adverse event data and urgent frontline healthcare provider testimony began pouring in almost immediately after the FDA-CDC go-ahead, with 5- to 11-year-olds experiencing the same kinds of “terrifying” vaccine reactions as adolescents – including blood clots, strokes and other brain and heart problems previously almost unheard-of in young people.

In the lead-up to the FDA’s Emergency Use Authorization of experimental COVID jabs for younger children, state politicians and municipal school districts also started to grease the skids to mandate COVID injections for in-person school attendance.

To date, the number of states and school systems announcing or adopting coercive plans, either for K-12 students or students ages 12 or 16 and up, is still small. However, the symbolic weight of the “early adopters” is significant.

These include states like California and Louisiana (and soon New York); major cities like Washington, D.C. (and probably New York City); and large school districts such as those in Oakland, California, and Los Angeles.

In addition, the New York City and Washington, D.C. school districts, and some or all districts in California, Hawaii and Maryland, require students involved in sports and other extracurricular activities to get jabbed.

In what sounds like good news, the National Academy for State Health Policy confirmed 17 states – Alabama, Arizona, Arkansas, Florida, Georgia, Idaho, Indiana, Kansas, Montana, New Hampshire, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas and Utah – have enacted laws or issued executive orders that ban COVID-19 vaccine mandates for students.

However, most of the bans are limited to certain circumstances, with some applying only to higher education and some only to vaccines authorized under emergency use – meaning the ban would not apply to COVID vaccines that in the future gain full FDA approval for children.

Most dangerous ever

For decades, vaccines have been wreaking havoc on children’s health. For instance, consider the following:

The 400 adverse events listed in the package inserts of licensed childhood vaccines

The epidemic of chronic health problems in American children – including 1 in 16 boys with autism in California, the state with the highest autism rate in the nation

The precipitous decline in sudden infant deaths that coincided with the disruption of “routine” vaccination during the 2020 lockdowns.

The superior health of far less heavily vaccinated Japanese children.

So, when observers familiar with COVID injection data pronounce them “the most dangerous vaccines in human history,” that is saying something.

Dr. Joseph Mercola warned the COVID jabs are setting up children for “potentially lifelong health problems,” including serious heart problems resulting from myocarditis. As he wrote in early January:

“[T]he recent push to inject children with a genetic experiment may be one of the worst public health offenses perpetrated on a population of people who are unable to speak for themselves, do not have a legal voice and depend on adults to protect them.”

California ‘leads’

California spent the past half-dozen years systematically

eliminating personal-belief vaccine exemptions and gutting medical exemptions.

Not content with those assaults on health freedom, Gov. Gavin Newsom announced in early October – apparently reading the minds, weeks in advance, of the FDA and CDC committee members who subsequently rubber-stamped the COVID shots for 5- to 11-year-olds – that his state would impose a K-12 mandate in both public and private schools, making California the first state to mandate COVID-19 vaccines for in-person school attendance.

The mandate hinges on the vaccines “receiving full licensure from the FDA for children,” which the state expects in July 2022.

Seeking to normalize his COVID mandate, Newsom compared it to the existing school requirements for measles, mumps and rubella vaccination.

However, in light of the strong, statistically significant relationship between MMR vaccines and autism – and given California’s status as the state with the highest autism prevalence – Newsom’s comparison is scarcely reassuring.

Louisiana ignores

In mid-December, Louisiana Gov. John Bel Edwards added COVID vaccines to the list of required school shots, overturning a bipartisan vote against such a mandate by the state’s House Health and Welfare Committee.

The push for the mandate originated with the Louisiana Department of Health. The House Health Committee then voted 13-2 to reject the department’s recommendation, stating that COVID vaccination “should be the parents’ decision,” a common-sense view shared by legislators and parents around the nation.

However, the governor vetoed the committee vote – and the wishes of citizens who packed the committee meeting to protest mandates – dismissively characterizing their objections as “overheated rhetoric.”

Louisiana’s governor and health officials also ignored remarks delivered at the health committee hearing by experienced Louisiana nurse Collette Martin, R.N. Martin provided testimony about serious adverse reactions in children and their widespread underreporting. She told the committee:

“We are not just seeing severe acute reactions with this vaccine, but we have zero idea what any long-term reactions are. Cancers, autoimmune [disorders], infertility. We just don’t know.”

Louisiana’s mandate, which goes into effect in fall 2022, currently applies only to students ages 16 and up, “but could expand as the vaccines get the highest level of approval” from the FDA.

School districts (try to) impose

In early January, White House Press Secretary Jen Psaki asserted that decisions on school vaccine mandates “are up to local school districts.”

However, the U.S. Department of Education has been working with school districts, Psaki said, “to provide resources, connect school officials with testing providers, and set up vaccine clinics....”

Last September, Maryland’s health secretary disingenuously made similar comments, telling the press that the state prefers “not to be intentionally overbearing” or “interventionist” and instead encourages school systems “to take the lead in their individual jurisdictions.”

In California, school board members in several large school districts showed, as early as

September, they were willing to “take the lead” in imposing mandates for in-person instruction.

The plans of school boards in Los Angeles (the nation’s second-largest school district), Oakland and San Diego have been undermined, however, by the large number of unvaccinated students and other apparently unforeseen pitfalls.

The Los Angeles school district, for example, pushed back its initial Jan. 10 deadline to the fall of 2022, because tens of thousands of uninjected students would have “overwhelmed the district’s independent study program.”

L.A. students ages 12 and up are supposed to upload proof of vaccination into a “Daily Pass” system. The L.A. district already requires students to undergo weekly testing (regardless of vaccination status) and subjects them to other measures such as “daily health checks,” masking and contact tracing and isolation of cases.

Three out of 10 students failed to show up on the first day of school following winter break, “having tested positive for the coronavirus.”

Oakland’s school district will not enforce its mandate until Jan. 31, a month later than originally planned. When the school board voted (5-1-1) in favor of mandating COVID shots for in-person instruction for students 12 and up, it apparently did not bargain on nearly two-fifths of students in that age group (38%) remaining unvaccinated.

Casting the lone “no” vote, Oakland school board member Mike Hutchinson stated, “I don’t think we should be rolling out at midnight on a not very publicized meeting, talking about mandatory vaccinations when there’s nothing wrong with taking our due time to deliberate to make sure that we get it right.”

In December, however, Hutchinson indicated he would be comfortable deferring to the state-level mandate.

In late December in San Diego, a judge struck down the school district’s COVID vaccine mandate for students 16 and older, arguing the state legislature has not given individual school districts the authority to mandate vaccines for school attendance.

Not timid

An Oakland pediatrician who egged on her city’s school board to vote in favor of COVID mandates argued last fall, “This is not the time for timidity.”

However, as evidence accumulates about the injections’ outsized risks for children, it seems increasingly clear that a number of so-called public servants do not have a problem with timidity, having shown themselves perfectly willing to harm – and kill – children.

For former Pfizer executive Dr. Mike Yeadon, who has argued for months that the COVID injections “are toxic by design” and “were always going to harm people,” it seems obvious “criminal acts are being committed.”

Now is the time to push back against criminality and coercion – including COVID vaccine mandates and “vaccine passports” – in whatever ways we can. Our children’s lives, and our own lives, depend on it.

Robert F. Kennedy, Jr. Founder of Waterkeeper Alliance, serves as Founder, Chairman of the Board, and Chief Legal Counsel for Children’s Health Defense, and as counsel to Morgan & Morgan, a nationwide personal injury practice.

Real Estate Round-Up: Problem solver, negotiator, peacekeeper, Realtor

Kim Murphy
Murphy & Murphy Southern California Realty

An experienced, professional Realtor is all the above. The problem is that most Realtors don’t know how to own those roles. They may have a cursory understanding of the contracts, and if they don’t, they have a broker (hopefully) to help them with the documents. But the details of a successful transaction rests with the ability of the Realtor to be effective in all three of the above roles. The fourth quarter has shown me how crucial proficiency in these roles is to complete a transaction.

So, what does it mean to be a problem solver, when you’re not the principal in the transaction? Let me share a story. We recently closed escrow with a Realtor who claims to be the top agent in Fallbrook. In fact, his client, the buyer, hired him because that is what he was told. The thing is, this “top” Realtor was never involved with the buyer. The buyer saw the property with the Realtor’s assistant. The buyer did his property inspections with the Realtor’s assistant. The Realtor’s assistant did all the paperwork and communicated with us. Even when we asked the buyer’s agent to call us, he never did. There was no love lost between the Realtor and the buyer. So, when it came time to problem solve, the buyer called us. This is absolutely not correct protocol. Our fiduciary is with the sellers. We referred the buyer back to his agent, but the buyer continued to reach out to us, to help him with hurdles he faced.

In the end, in the name of helping the Sellers close this transaction, we helped the buyer with some county issues. We helped the buyer find homeowners insurance. We helped negotiate the transfer of personal property from the seller to the buyer. Problem solving can only occur if a relationship exists. If your Realtor is absent, they cannot be your problem solver.

The negotiator is the older sibling to the problem solver. Problem solvers work on the day-to-day issues that come up. Negotiators do the heavy lifting. We are currently in a transaction with a Realtor who admits having only closed three previous transactions, all with family members. Her style of negotiation is to lay the hammer down and let things play out as they do. The only thing with this approach is a velvet hammer works much better than a sledgehammer, if you want to preserve the item you’re hammering.

In the case of real estate, the item being hammered is the transaction. If you don’t care how many transactions you need to go through until one “works,” then a sledgehammer approach may be the right one for you. Most people, however, would prefer to find a home, negotiate the hurdles, and close escrow. That type of negotiation requires a velvet hammer. There must be some give and take.

This Realtor mentioned above, hammered the seller with her negotiations, but then, guess what happened? Five days before closing, the buyer’s loan did not get approved. This “hammer” Realtor did not know how to negotiate, so her answer was simply to cancel. The only problem was, the seller was keeping the deposit. We stepped in and contacted the lender to see if there was any other option. That’s called negotiation. The lender took a week to find a new

home for the buyers’ loan. With this new loan in place, resulting from a velvet hammer approach, the buyers are going to get the home they dreamed of, and the seller is going to close escrow and move on. Negotiations begin immediately and never end until escrow closes. Find yourself a velvet hammer Realtor.

Final thoughts on peacekeeper, another key role of a successful Realtor. The world is in short supply of peacekeepers. A peacekeeper is someone who keeps their head while all around them are losing theirs. That personification of peace allows them to calm things down when things get rocky. Something always pops up during a transaction, which can cause either one of the parties or both of the parties to get emotional and angry. The knee jerk reaction is to lash out, blame someone, and seek your pound of flesh. The thing is, that reaction never solves the problem.

If a peacekeeper exists in the form of one or both Realtors involved in the transaction, then the parties will seek their best selves and find resolution. I’m a yogi, and one of the final phrases of a yoga class is “Namaste: The light in me honors the light in you.” That’s peace. Seek and find a Realtor peacekeeper and let the wave of peace wash over you and your transaction.

Kim Murphy can be reached at kim@murphy-realty.com or 760-415-9292 or at 130 N Main Avenue, in Fallbrook. Her broker license is #01229921, and she is on the board of directors for the California Association of Realtors.

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REGIONAL

Governor Newsom signs executive order to support safe, in-person learning at schools amid COVID surge

Governor’s order provides flexibilities for schools to deploy qualified staff to address short-term staffing shortages and support safe, in-person instruction

SACRAMENTO – Amid the national surge in COVID-19 cases driven by the Omicron variant, Governor Gavin Newsom today signed an executive order to provide staffing flexibility for schools to support continued safe, in-person instruction for students.

“Schools nationwide returning from winter break are experiencing short-term staffing shortages that are putting a strain on operations,” said Governor Newsom. “We’re working closely with local education officials to cut red tape to allow qualified substitute teachers to help maintain safe learning environments. We are grateful for the thousands of dedicated teachers, classified staff and administrators who have worked tirelessly to provide safe learning environments for all of California’s students.”

The Governor’s order supports schools to maintain safe and orderly operations by lowering state barriers that delay the hire of qualified short-term substitute teachers; permitting substitute teachers to have their assignments extended; and providing additional flexibility to support retired teachers who have returned to the classroom, as well as eliminating barriers that may prevent additional retired teachers from returning. The flexibilities provided under the order expire March 31, 2022 and are only available to schools that make findings that the flexibilities will support in-person services for students despite staffing shortages caused by the surge in COVID cases. This order expands and improves previous orders (N-12-21 and N-25-20) that lowered barriers for retired teachers and classified staff to return to the classroom.

The Governor’s long-term strategy to address staffing shortages includes \$2.9 billion in the 2021-22 state budget to recruit more teachers and classified staff, provide additional compensation especially for those serving in high-need schools, ensure teachers are well-prepared through programs such as residencies and grow-your-own programs, and provide professional development and training.

The state will continue to offer its stockpile of adult N-95s and KN-95s, as well as young adult KN-95s, to county offices of education to distribute to schools. CalOES has been coordinating with county offices and county superintendents, who have been doing incredible work to both manage their own schools and help all schools in their county navigate this surge. Each COE will also be able to order additional PPE items through the CalOES Salesforce system, and requests will be rapidly fulfilled.

California was the first state in the nation to add the COVID-19 vaccine to the list of vaccinations required to attend school in-person when fully authorized for applicable grade spans and implement a standard that all school staff either show proof of full vaccination or be tested at least once per week. Last month, education leaders reaffirmed their shared commitment to keeping schools open for safe, in-person learning, and the state significantly ramped up testing capacity. The state provides no-cost testing at 4,400 school sites and has distributed approximately 13 million take-home tests to schools for students since early December, when the Omicron variant was first detected, in order to supplement schools’ efforts to ensure safe, in-person education.

Fletcher named board chair for second consecutive year

Gig Conaughton
*County of San Diego
Communications Office*

The San Diego County Board of Supervisors voted unanimously Tuesday, Jan. 11, to select Supervisor Nathan Fletcher to serve as chair of the board for the second consecutive year.

Fletcher thanked his fellow supervisors, and San Diegans for their trust and for their toughness in working through the challenging times of the pandemic and economic hardship. Fletcher added that he was inspired by County employees who “get up every single day with the sole purpose of serving the public.”

“It’s with tremendous gratitude and appreciation to my colleagues that I accept the gavel and the chair, and we will continue to work together,” Fletcher said. “I know I can count on all of you to keep pushing for progress in the County.”

The chair acts as the official voice of the board, outlines the county’s goals for the coming year in the annual State of the County address and presides over board meetings. The chair also appoints other supervisors to various committees and fields requests from other supervisors to place items on the Board’s agenda.

During the Jan. 11 virtual organizational meeting, in addition to naming Fletcher chair, the board also selected Supervisor Nora Vargas to continue in her role as vice chair and to have Supervisor Terra Lawson-Remer serve as chair pro tempore.

Fletcher said the County’s vision in 2022 must be to work every day to make life better for all San Diegans in every possible way, to be a “county you can count on.”

Fletcher said the county has worked hard to address key concerns and would continue investments to improve mental health and drug treatment, and to address poverty. He said that would mean fighting for good wages, pushing for high-wage industries, creating affordable housing, child care, and keeping public safety as a foundational focus.

FAREWELL

from page A-1

forward to even more success. As of Jan. 3, the new leaders of the program, Chief Warrant Officer-3 Thomas Smith and Master Sergeant Martin Huizar, have been selected and are fully in place.

In the tradition of the military “Hail and Farewell,” the departing leadership takes a moment to look back on the development and achievements of the program so far and looks forward to the exciting future of the program under the new leadership.

The beginning was in 2014 and LtCol Wade, a 24 year Marine Corps combat pilot, having recently retired, had some time to wonder why his hometown of Fallbrook didn’t have a Marine Corps JROTC leadership program at FUHS. With the proximity to Camp Pendleton, its resources and all the leadership, education, and personal development opportunities for the students, it seemed like a natural fit.

Wade reached out to the superintendent and school board and asked if they were interested in bringing the program to the district. They immediately answered, “what do you need to get this done?” And so a seven year odyssey for Wade began. At the time, Wade was not on staff with FUHS, so he volunteered his time for a year and half advocating with the Marine Corps for acceptance of a FUHS MCJROTC program and coordinating with FUHS.

Worldwide there are only 260 Marine Corps JROTC units authorized to be funded. Since all of these high school slots are normally filled, to start a new unit another school has to drop out. High School applicants then go through a highly competitive process to vie for that spot. With the FUHS team’s unrelenting persistence, the Marine Corps initially agreed to an intermediate program called a National Defense Cadet Corps for FUHS.

With a strong belief in the program’s benefits for the student body, the FUHS School Board voted to fully fund the Marine Corps NDCC unit. The board was confident that the program would successfully compete for one of the 260 fully funded spots in the near future. Becoming one of these units would mean the USMC would pay for all uniforms and equipment, student travel and half of the Marine instructors’ salaries on an ongoing basis. The board was advised, however, that it could be a years before they could compete for one of these prized spots.

The program was in its infancy at the school. To succeed in this start-up situation required dedication to building the program from the ground up. MSGT Brian Richardson, a 21 year USMC veteran who served as an amphibious tank specialist and drill instructor, was carefully selected to join Wade in building the program as soon as FUHS was given the go ahead by the USMC.

Noted Wade, “We were training students to become leaders and that is a minimum of a four year process so that they can then turn and lead the generations behind them. The task was well beyond the requirements of a regular job with many weekends and late days. We knew MSGT Richardson was up for the challenge and shared our deep dedication to seeing that student cadets had every chance to be successful in the program and, more importantly, life.” The students adapted very quickly and were eager to take on more responsibility. The family and community support for the program was strong.

In the first year of the program (2016/17), FUHS Cadets made the Marine Corps Training and Education Command and other Marine Corps schools across the nation sit up and take notice of FUHS and its student leaders. The inaugural group of cadets fought their way to being finalists at the JROTC National Physical Fitness Team competition.

The Cadet Academic Team also qualified to compete in the JROTC National Academic Competition in Washington D.C. The Marine Corps then did something almost unheard of. Based upon the unit’s high profile successes within the first 18 months of the program, the USMC approved FUHS for a fully funded MCJROTC unit. FUHS became one of the country’s 260 MCJROTC programs.

In the seven years since Wade first approached FUHS about establishing the program, the Fallbrook High JROTC program has become a nationally known program. FHS Cadets have gone on to make it to the National Academic Championships in Washington for three of the last five years competing. The Physical Fitness team is nationally recognized and the Raiders (Orienteering) Team is a powerhouse in the Southwest Region. Two cadets so far have also received coveted appointments to the United States Naval Academy (Equivalent to \$1.2 million in scholarships in addition to many other scholarships and awards for the cadets)

As Wade and Richardson move on from establishing the program, they could not be prouder of the cadets and their profound accomplishments over the past five years. “These kids just needed a structure to find their leadership potential and gain confidence in their amazing talents. We challenged them, no doubt. We expected a lot from high school students. We held them to the standards of the Marine Corps. It was very daunting for many of them but as they progressed through the program they met that challenge and in the process developed a lot of self-confidence, focus on their future and maturity. It all came together. With the support of the school administration and community they had the ability to do that,” said Richardson.

Wade and Richardson both enjoy a challenging opportunity and now that the FUHS JROTC program is successfully off the deck and flying, they are moving on to other opportunities. Wade completed his service to FUHS on Jan. 3 and will be working on other management and aviation-related opportunities and spending more time with his family. Richardson has taken a position in Texas as a leader of a startup MCJROTC program there.

The new Senior Marine Instructor replacing Wade is Smith. The new Marine Instructor to replace Richardson is Huizar. Both individuals were carefully chosen and have stellar reputations.

Smith served 21 years in the USMC as an Avionics Officer. He has 10 years of experience as a senior marine instructor at Beverly High School in Massachusetts. Wade had the opportunity to teach, instruct, do turnover with Smith during the first semester of the 2021-2022 school year to provide a smooth transition for the students and program.

“CWO Smith’s vast experience and enthusiasm for the program are evident. He brings boundless energy with him and the cadets are already learning so much from him. The program is in great hands with his leadership!” Wade said.

Huizar is also a well-seasoned veteran with 21 years as a Marine working with light armored vehicles. He had the unique experience of being an Assistant Marine Officer Instructor at the University of Minnesota teaching college students who were officer candidates in the Navy Senior ROTC program. Additionally he was a drill instructor and became the regimental drill master at Marine Corps Recruit Depot, San Diego.

Huizar came to FUHS



CWO3 Thomas Smith and MSGT Martin Huizar are the new leaders of the Fallbrook Union High School Marine Corps JROTC program.

Village News/Courtesy photo

Silvergate Fallbrook Awarded Caring.com Super Star For 2022

Fallbrook, CA – January 20, 2022 – Silvergate Fallbrook is excited to announce it has been named a 2022 Caring Super Star for outstanding care in senior living by Caring.com, a leading senior living referral service and the nation’s top site for retirement community reviews. This is the third award for excellence that Silvergate Fallbrook has won in the last year, including one from SeniorAdvisor.com and San Diego Union Tribune who cast their votes for “Favorite.”

Only Community In Fallbrook To Receive Award Three Years Running

“We strive daily to provide the highest quality care and services for our residents, and this award validates our delivery on that promise,” said Patricia Martinez, Executive Director of Silvergate Fallbrook. “Silvergate is the only community in Fallbrook to win this award three years running. Our more than 30 years of experience in caring for seniors, the longevity of our staff, our hands-on local ownership and the outstanding care we offer are all reasons why we continue to be recognized by organizations like Caring.com. On behalf of our community staff and leadership, we want to thank



The caregivers at Silvergate Fallbrook have received the “SUPER STAR of 2022” award from Caring.com, a leading senior living review site that rates retirement communities nationwide.

those who shared positive feedback about us.” Online review sites help Americans research and select the best senior living communities. Seniors and their families often turn to the internet and consumer reviews when narrowing their options among senior living communities in their area. They rely on these peer perspectives as much as personal recommendations from friends, geriatric professionals and medical personnel. “Congratulations to Silvergate Fallbrook for being among these highly-rated communities achieving such significant praise from their customers in online reviews,” Caring.com’s CEO Jim Rosenthal said. “They stand out as being

among the best and most experienced in senior living care in the nation.” To be considered for the award, Caring Stars communities meet a set of criteria based on ratings and reviews from senior living residents and their family members. Some of the positive feedback that led to Silvergate Fallbrook being named a Caring Star of 2021 includes: “My mother was a resident of Silvergate for nearly two years. I have nothing but excellent memories of her time living there,” said Phil Leonelli, who spends time at Silvergate as a piano performer and recently left a touching online review about the community. “We chose

Silvergate because of the caring staff and excellent food! Have you seen the activity calendar? There is something for everyone. My mother really enjoyed the art classes, the sing-along activities and especially looked forward to the monthly Candlelight dinners. Highly recommended!” The award from Caring.com is one of many accolades Silvergate Fallbrook has received in the recent past, including the prestigious SeniorAdvisor.com award for 2021 Best of Assisted Living, as well as being named a 2021 Favorite in both the Independent Living and Assisted Living Community categories in the San Diego Union Tribune’s Annual Reader Poll.

“We are the only community in this region to have won all three of these awards, proving that families in Fallbrook really trust Silvergate to care for their loved ones and choose us overwhelmingly to care for Mom and Dad,” said Helen Gray, Marketing Director for the community. “We are so overjoyed with all of the positive feedback we received online from our residents, their families and the community. While managing through this pandemic, it means even more to us this year.”

About Silvergate Fallbrook

Located in a tranquil setting within the rolling hills of Fallbrook, Silvergate is a full-service retirement community offering independent living, assisted living and memory care. The community has recently completed major renovations and currently has two-bedroom, one-bedroom and studio models available for private viewing. For information about availability and pricing, call Helen Gray to arrange a private tour of the property at (760) 728-8880. Silvergate Fallbrook is located at 420 Elbrook Drive, Fallbrook, CA 92028. www.SilvergateRR.com/FB.



SILVERGATE FALLBROOK

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NATIONAL

RFK assassin Sirhan Sirhan will remain in prison

Don Thompson
The Associated Press

Sirhan Sirhan, who assassinated presidential candidate Robert F. Kennedy in 1968, was denied parole Thursday, Jan. 13, by California’s governor, who said the killer remains a threat to the public and hasn’t taken responsibility for a crime that altered American history.

Kennedy, a U.S. senator from New York, was shot moments after he claimed victory in California’s pivotal Democratic presidential primary. Five others were wounded during the shooting at the Ambassador Hotel in Los Angeles.

Democratic Gov. Gavin Newsom, who has cited RFK as his political hero, rejected a recommendation from a two-person panel of parole commissioners who said Sirhan, 77, should be freed. The panel’s recommendation in August had divided the Kennedy family, with two of RFK’s sons – Douglas Kennedy and Robert F. Kennedy Jr. – supporting his release, and their siblings and mother vehemently opposing it.

In his decision, Newsom said the assassination was “among the most notorious crimes in American history,” Aside from causing Kennedy’s then-pregnant wife and 10 children “immeasurable suffering,” Newsom said the killing “also caused great harm to the American people.”

It “upended the 1968 presidential election, leaving millions in the United States and beyond mourning the promise of his candidacy,” Newsom said. “Mr. Sirhan killed Senator Kennedy during a dark season of political assassinations, just nine weeks after Dr. Martin Luther King Jr.’s murder and four and a half years after the murder of Senator Kennedy’s brother, President John F. Kennedy.”

He said Sirhan still lacks insight, refuses to accept responsibility and has failed to disclaim violence committed in his name. That adds “to his current risk of inciting further political violence,” Newsom said.

In 1973, terrorists took 10 hostages at an embassy in Sudan, demanding the release of Sirhan and other prisoners and killing three diplomats when their demands weren’t met, he noted.

Sirhan, who will be scheduled for a new parole hearing no later than February 2023, will ask a judge to overturn Newsom’s denial, defense attorney Angela Berry said.

“We fully expect that judicial review of the governor’s decision will show that the governor got it wrong,” she said.

State law holds that inmates are supposed to be paroled unless they pose a current unreasonable public safety risk, she said, adding that “not an iota of evidence exists to suggest Mr. Sirhan is still a danger

to society.”

She said the parole process has become politicized, and Newsom “chose to overrule his own experts (on the parole board), ignoring the law.”

Parole commissioners found Sirhan suitable for release “because of his impressive extensive record of rehabilitation over the last half-century,” Berry said. “Since the mid-1980s, Mr. Sirhan has consistently been found by prison psychologists and psychiatrists to not pose an unreasonable risk of danger to the public.”

During his parole hearing, the white-haired Sirhan called Kennedy the “hope of the world.” But he stopped short of taking full responsibility for a shooting he said he doesn’t recall because he was drunk.

“It pains me ... the knowledge for such a horrible deed, if I did, in fact, do that,” Sirhan said.

Kennedy’s widow, Ethel, and six of his children hailed Newsom’s decision in a statement that called RFK a “visionary and champion of justice” whose life “was cut short by an enraged man with a small gun.”

“The political passions that motivated this inmate’s act still simmer today, and his refusal to admit the truth makes it impossible to conclude that he has overcome the evil that boiled over 53 years ago,” they wrote.

The panel’s decision was based



Sirhan Sirhan reacts during a parole hearing Feb. 10, 2016, at the Richard J. Donovan Correctional Facility in San Diego. California Gov. Gavin Newsom Thursday, Jan. 13, 2022, rejected releasing Robert F. Kennedy assassin Sirhan Sirhan from prison more than a half-century after the 1968 slaying left a deep wound during one of America’s darkest times.

AP photo/Gregory Bull, Pool, file photo

in part on several new California laws since he was denied parole in 2016 – the 15th time he’d lost his bid for release.

Commissioners were required to consider that Sirhan committed his crime at a young age, when he was 24; that he now is elderly; and that the Christian Palestinian who immigrated from Jordan had suffered childhood trauma from the conflict in the Middle East.

In addition, Los Angeles County prosecutors didn’t object to his parole, following District Attor-

ney George Gascón’s policy that prosecutors should not be involved in deciding whether prisoners are ready for release.

The decision had a personal element for Newsom, a fellow Democrat, who displays RFK photos in his official and home offices. One of them is of Kennedy with Newsom’s late father.

Sirhan originally was sentenced to death, but that sentence was commuted to life when the California Supreme Court briefly outlawed capital punishment in 1972.

EU regulators, WHO call for end to COVID-19 boosters, citing evidence strategy is failing

Megan Redshaw
The Defender

European Union drug regulators on Tuesday Jan. 11 warned frequent COVID-19 boosters could adversely affect the immune system and said there are currently no data to support repeated doses.

The warning comes a month after EU drug regulators said it made sense to “administer COVID-19 vaccine boosters as early as three months after the initial two-shot regimen,” amid concerns over the omicron variant.

According to the European Medicines Agency, continued booster doses every four months could pose a risk of overloading

people’s immune systems and lead to fatigue.

Instead, the agency recommended countries space out the intervals between boosters and coordinate their programs with the onset of the cold season in each hemisphere, following blueprints of influenza vaccination strategies.

“While use of additional boosters can be part of contingency plans, repeated vaccinations within short intervals would not represent a sustainable long-term strategy,” the EMA’s head of vaccines strategy, Marco Cavaleri, said Tuesday during a press briefing.

Boosters “can be done once, or maybe twice, but it’s not some-

thing that we can think should be repeated constantly,” Cavaleri said. “We need to think about how we can transition from the current pandemic setting to a more endemic setting.”

Cavaleri said more data is needed on the impact of omicron on vaccines and a better understanding of the evolution of the current wave to decide whether a vaccine specific to the new variant is needed.

“Preliminary results from recently published studies are showing that the vaccine effectiveness against the symptomatic disease is significantly reduced for omicron and tends to wane over time,” Cavaleri said.

“It is important that there is a good discussion around the choice of the composition of the vaccine to make sure that we have a strategy that is not just reactive, and try to come up with an approach that will be suitable in order to prevent a future variant,” he added.

Just last month, Cavaleri, speaking on behalf of the EMA, said it made sense to administer COVID-19 boosters as early as three months after the initial two-dose regimen due to “extremely worrying” infection numbers.

“While the current recommendation is to administer boosters preferably after six months, the data currently available support safe and effective administration of a booster as early as three months from completion,” Cavaleri said during a press briefing in December.

WHO warns repeated boosters not viable strategy against new variants

The World Health Organization’s Technical Advisory Group on COVID-19 Vaccine Composition (TAG-CO-VAC) on Jan. 11 warned, “a vaccination strategy based on repeated booster doses of the original vaccine composition is unlikely to be appropriate or sustainable.”

The expert group, created by the WHO to assess the performance of COVID-19 vaccines, said providing fresh doses of already existing vaccines as new strains of the virus emerge is not the best way to fight a pandemic.

TAG-CO-VAC said COVID-19 vaccines that can prevent infection and transmission, in addition to preventing severe disease and death are needed and should be developed.

Until such vaccines are available, and as the SARS-CoV-2 virus evolves, the composition of current COVID-19 vaccines may need to be updated, the group said.

COVID-19 vaccines need to be genetically and antigenically close to the circulating SARS-CoV-2 variants, be more effective in protection against infection, and should elicit an immune response that is broad, strong and long-lasting in order to reduce the need for successive booster doses, TAG-CO-VAC said.

“It’s over, people,” Alex Berenson, former New York Times reporter and best-selling author, wrote. “Aside from a few unlucky Israelis, no one is going to receive a fourth dose of the original vaccine.”

“Everyone with eyes can see it doesn’t work against omicron – and if you haven’t gotten a third dose, at this point, why would you? You are getting at most weeks of

marginally improved protection for potentially severe side effects,” Berenson wrote. “Instead the WHO is now promising/demanding vaccines based on whatever the dominant Sars-Cov-2 strain is at the moment. That promise is as empty as all the others the health bureaucrats and vaccine companies have made.”

Berenson noted there have been at least five major “variants of concern” in the last year alone, two of which became globally dominant.

“Even the mRNA vaccines cannot be cooked up and delivered fast enough to match whatever strain of virus becomes dominant,” Berenson said. “COVID-19 is faster than the scientists.”

UK expert calls for COVID-19 to be treated as an endemic virus similar to flu

COVID should be treated as an endemic virus similar to the flu and mass vaccination should end after the booster campaign, said Dr. Clive Dix, former chairman of the UK’s vaccine task force.

According to the Centers for Disease Control and Prevention, an endemic refers to “the constant presence and/or usual prevalence of a disease or infectious agent in a population within a geographic area,” whereas a pandemic is an “out of control” epidemic that has spread over several countries or continents, usually affecting a large number of people.

“We need to analyze whether we use the current booster campaign to ensure the vulnerable are protected if this is seen to be necessary,” he said. “Mass population-based vaccination in the UK should now end.”

Calling for a “major rethink” of the UK’s COVID-19 strategy, Dix encouraged the ministers to “urgently back research into COVID-19 immunity beyond antibodies” to include B-cells and white blood cells, called T-cells.

Dix said there should be a shift to disease management from viral spreading, and “stopping progression to severe disease in vulnerable groups” should be the future objective.

Megan Redshaw is a freelance reporter for The Defender. She has a background in political science, a law degree and extensive training in natural health.

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Scott creates MLK Day videos, hopes to rebut Biden speech



Sen. Tim Scott, R-S.C., speaks during a Senate Banking Committee hearing on Capitol Hill in Washington, Nov. 30, 2021. The U.S. Senate's only Black Republican is putting forth what he characterizes as a positive response to partisan rhetoric on race that he's best-positioned to rebut. Scott told The Associated Press that he hopes a video series on issues he sees as pertinent to the Black community will help refocus a fraught national conversation on race. He timed the release in conjunction with Martin Luther King Jr. Day. (AP Photo/Andrew Harnik, File)

Meg Kinnard
Associated Press

COLUMBIA, S.C. (AP) – With a video series on issues he sees as pertinent to the Black community, the U.S. Senate’s only Black Republican, Tim Scott of South Carolina, is putting forth what he characterizes as a positive response to partisan rhetoric on race that he’s best-positioned to rebut.

But that approach comes with some harsh words about President Joe Biden’s recent rhetoric.

In conjunction with Martin Luther King Jr. Day, Scott told The Associated Press that he hoped recent constituent roundtables on topics like building generational wealth would refocus a fraught national conversation on race. The current climate, Scott said, was only exacerbated by Biden’s recent voting rights speech, which Scott called “misleading.”

Last week in Atlanta, Biden challenged senators to “stand against voter suppression” by changing Senate rules to pass voting rights legislation that Republicans are blocking from debate and votes. Biden likened the wrongs of 1960s-era civil rights battles to modern-day election subversion efforts, including GOP-backed laws passed after President Donald Trump lost reelection in 2020, then claimed widespread voter fraud.

Biden’s speech was met with widespread Republican criticism, with Senate Minority Leader Mitch McConnell accusing Biden of invoking “the brutal racial hatred of Jim Crow Segregation to smear states’” new voting laws. There was also some push-back from Democrats. Sen. Dick Durbin of Illinois said Biden went “a little too far in his rhetoric”

but also told CNN he was “glad” Biden did so.

For Scott, the speech was an overly impassioned stretch, or worse.

“To compare or conflate people who oppose his positions as being racists and traitors to the country is not only insulting and infuriating, it’s dead wrong,” Scott told the AP last week. “All you have to do is know the facts, and you realize that the president wasn’t misleading us only, he was actually fibbing to us, in order to amass political power – basically lying to us.”

Instead, the South Carolina Republican is framing his half-dozen videos, to be released between this week and the end of February’s Black History Month, as listening sessions that hit on many hard-pressed topics he knows first-hand.

Describing himself as “a guy that grew up in a single-parent household, mired in poverty, with really no prospect for something dramatically different,” Scott said that his own trajectory was turned around due to education, his supportive mother and mentorship.

“Martin Luther King Jr.’s legacy, and the celebration of his life, and the contributions of African Americans to this country, is a very important time for us to highlight the progress that we’ve made and also some of the issues that stand in the way of even more progress,” Scott said. “I decided that the best way to do that is not just to hear from me but to actually listen to other folks throughout the community.”

Scott, who has amassed a significant war chest for what he says will be his final Senate campaign, has become one of the GOP’s go-to standouts, sometimes mentioned as a potential 2024 presi-

dential candidate.

He gave the party’s response to Biden’s maiden congressional address last year – when he suggested Democrats were wielding race as “a political weapon” – and had a prime-time speaking spot during the 2020 Republican National Convention. Along with Sen. Marco Rubio, R-Fla., and former U.N. Ambassador Nikki Haley, he advises diversity efforts for a group intent on expanding Republican power over state-level offices.

Joining Sen. Cory Booker, D-N.J., Scott led legislative efforts for a police reform bill, but negotiations ended without an agreement last year. The efforts,

following protests sparked by killings of unarmed Black people by officers, garnered massive attention, but Scott – who told the AP that Congress should continue its work on police reform “and finish it” – said he is just as passionate about financial advancement in underserved or minority areas.

Also with Booker, he previously championed “opportunity zones,” set up to enable private investors to reinvest profits into designated low-income areas, allowing a tax benefit by deferring capital gains taxes from investments. The zones were included in the \$1.5 trillion tax cut legislation that Trump pushed through Congress in 2017 and, according

to a Government Accountability Office report, drew \$29 billion to low-income areas through 2019.

Relying on the constituent concerns from his videos, Scott said he’s just as intent on finding more ways to encourage lasting economic changes in underserved and minority communities as he is on potentially more attention-grabbing issues like policing.

“So often, when you read the press and you’re talking about minorities, you’re particularly talking about issues around poverty or lack of access and not really focusing on the positive side or the constructive side,” Scott said. “That needs more attention.”

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FUESD

from A-1

member in attendance online could speak and provide feedback regarding the draft options and the process of redistricting.

Several community members provided feedback and personal insight on the possible scenarios. This time of discussion was a positive and constructive conversation between the governing board and the community, a spokesman said.

FUESD Board President Suzanne Lundin said she left the meeting encouraged by the community’s participation and support. “From the inception of this endeavor, our primary goal has been to make this a collaborative and equitable process with the community,” she said. “The entire governing board is grateful to all community members that spoke

at Monday’s meeting, and we are encouraged by the respectful and productive discussion. We look forward to our next board meeting where we will discuss how we will again work with the community to create trustee areas that further support the voices of all those who call Fallbrook home.”

All information regarding the redistricting process and possible drafts can be found on the district’s website, <https://www.fuesd.org/redistricting/>. There, community members can find multiple ways to provide feedback via email, written comments, or live discussion at future meetings.

The next FUESD board meeting will be held Monday, Jan. 24, at 6 p.m., via Zoom on computer or smartphone. A spokesman said the governing board and district leadership encourage all community members to attend virtually.

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Visiting my Scandinavian heritage



This is a painting of Roger Boddaert's grandparents' home in northern Sweden. Village News/Roger Boddaert photos



These handmade tools are used on the farm and out in the woods.

Roger Boddaert
Special to Village News

My first visit to Sweden was when my mother and I flew to visit our family in the land of the midnight sun in 1948. In those days, we departed from the Los Angeles airport and touched down to refuel in Denver, Chicago, New York, Bangor, Maine, Greenland, London, and finally arrived in Stockholm after 24 hours bouncing halfway around the globe as a 6-year-old lad. Our modern plane in those days was a DC4 and the memorable journey was etched deep within my memory as I peered out the portal window to the earth below. Once we landed in Stockholm, we had to take the train up to Jämtland, the northern province in Sweden just below the area of Lapland, where the indigenous Sami people live and tend their vast herds of reindeer close to the Arctic circle and the backyard of Santa Claus. As we headed northward, I listened to the click-clack of the train's wheels while I viewed from the window seat the dense forests, lakes, and rivers, which became a part of my soul's fabric and love for nature and the wild things in the great outdoors.

The train finally reached our destination of Ragunda, and that summer in Sweden was spent living on the farm homestead with my grandparents, working out in the forests, and tending the fields with my granddad. The summer's days were long with 20 hours of light and it took a while to adjust to the summer solstice. But I felt at home in this raw nature; the forests became my playground, and I was happy. I spent many more summers and winters there as I entered my teen years in this forest homeland, which sprouted my passion for the great outdoors, educating myself, and learning the wonders of this Nordic landscape. Food was prepared on a wooden stove, and water was heated to wash the dishes. Some say this was primitive, but you made do with what you had to survive, and life was good in those days and no one complained, for this is just the way things were. The homestead had the basics to sustain a comfortable lifestyle, with bathing time on Saturday nights. A sizable cast-iron cauldron was set atop a fire to heat the water for bathing out in the old wooden barn. This barn area was also used



Lapland is the land of reindeers in northern Sweden; here are some classic reindeer boots.

as a washroom for clothing, and a corner of this large room was dedicated to my granddad's woodshop. He was a true craftsman and made many of his tools for the farm and out in his forest land. There was a chicken coop on the second floor of the barn, and it was my chore to gather fresh eggs and bring them into the house daily. We had to sharpen the tools, especially the scythe, for cutting the hay out in the fields. A large sandstone wheel spun around, and you engaged this stone to turn and sharpen different types of farm tools by foot-power. It was like sitting on a bike, and you peddled it to spin it around and sharpen the farm tools. When out in the forest with my granddad, he would cut the trees either by ax or a long two-person extended bowsaw. When the trees were down, they were hoisted onto a wooden sled and drawn by horse down to the bank of the river and dumped into the fast-flowing river, which sent the cut logs down to the sawmills located on the Baltic Sea coast. In this forest land, the main species of trees were pine, fir, and birch. The pine and fir trees were mainly milled for lumber, whereas



This is a drawing of a hardy Laplander in his native Nordic clothing.



Roger Boddart's grandfather built this wooden bell tower in the 50's, next to a stone church built in 1400 in northern Sweden.

the birch were mostly harvested and split as firewood. Birchbark was also used in many creative folk arts like weaving baskets, making trays and wooden utensils for home use. The tiny village of Hammarstrand, with 5,000 folks, is bordered by a flowing river and a majestic waterfall, with a hydroelectric power station generating electricity to this farming community and beyond. There were open fields created after the cutting and clearing of the forest. So, picture a patchwork-quilt of dense pine forest and then open areas. Play that again in your mind, and you can envision the beautiful landscape that I so admired. I became familiar with the flora and fauna in the dense forest while hunting for wild strawberries, lingonberries, blueberries, and the elusive cloudberry found only in boggy plateaus. The timing was everything in the discovery of these delectable goodies. It was a way of living, collecting them, making preserves and jellies stored in the earthen root cellars to be used later in the winter months. The growing season was short but compensated for by the extended daylight, and you had

to be alert of any late incoming frost that could hinder your spring plantings. Nature and its timeclock governed the lives of the Swedes. Still, one had to be prepared for the unexpected in country living and adjust accordingly for the lifestyle is so dependent on the climate. Summertime was the opportunity of being outside and to explore all that nature had to offer, and it was a rebirth from the long and cold winters. Dances were hosted in empty barns out in the countryside, and music was played with just an accordion, a violin, and one would dance to the hambo, the two-step, or an old-time Swedish waltz. Oh yes, these were a few of my favorite things. Long bike rides by the light of the midnight sun with a group of friends and picnics by a lake or a river were a highlight to always look forward to in the summer months. All of Scandinavia looked forward to dancing around the midsummer pole decorated with birch boughs and hand-picked wildflowers. Crowns of flowers were made for all maidens to wear, and the festivities of joy and happiness were reborn.

And, of course, there would be an array of homemade foods to celebrate the summer's solstice, and midsummer was one of the highlights of the year enjoyed by all Swedes. But be prepared for, in a flash, the sky could turn grey and bring a summer's rain. When these rains would occur, the aromas of the grasses, wildflowers, and forests would fill the air, and I truly felt that experience from the days I spent growing up in Sweden. This past December, my wife and I decided to visit her native land and visit family and friends for the holidays. The landscape is quite different in midwinter, and the snow and cold (-25 degrees Celsius) was a challenge in just getting around for this California lad. But with enough layers of clothing and many cups of tea or coffee, you got used to it. If you stay tuned, I will share some more of my Swedish tales, for times are changing, and a new generation of Swedes has many challenges ahead.

Roger Boddaert, the Tree Man of Fallbrook, can be reached at 760-728-4297.

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Supervisors approve Pauma Valley ag easement acquisition

Joe Naiman
Village News Reporter

The San Diego County Board of Supervisors approved the purchase of an agricultural easement on 239.34 Pauma Valley acres.

A 5-0 vote Jan. 12 approved the easement acquisition for four legal parcels between North Mesa Drive and South Mesa Drive north of State Route 76. The county purchased the agricultural easement from R.D. Humason Properties, LLC, for \$525,000.

“It actually promotes long-term preservation of agricultural land in the unincorporated area,” said County Supervisor Jim Desmond. “We want to preserve agricultural land in the unincorporated areas.”

In August 2011, the Board of Supervisors approved an update to the county’s general plan. The update directed county staff to develop a pilot Purchase of Agricultural Conservation Easement program to compensate willing property owners for placing an agricultural easement on their property which would limit future uses and eliminate future development.

The resulting PACE program included three eligibility requirements: the property must have been actively farmed or ranched for at least two years prior to the application, the general plan update must have reduced the property’s density, and the property must have had the ability to be subdivided prior to the general plan update.

Between 500 and 600 property owners expressed interest in taking part in the program, and 60 property owners submitted

applications for the pilot program. The applications were ranked on criteria established by the PACE advisory group. The primary ranking factor was the density reduction due to the general plan update, and other ranking criteria included agricultural viability and the ability to contribute to the assemblage of the Multiple Species Conservation Program.

The pilot program included a \$2 million allocation covering \$212,000 for independent third-party appraisals and \$15,000 for title and escrow expenses as well as the funding to purchase the easements. The appraisal which determined the value of the agricultural easements used the California Farmland Conservancy Program traditional approach which estimates the market value of the land if unencumbered and the market value of the land with the conservation easement and then determines the easement value by subtracting the encumbered appraisal value from the value of the unencumbered property.

The 10 properties with the highest ranking were appraised during the pilot program. The property owners ranked second and fifth declined the easement offers while the owners of five properties totaling 10 legal parcels provided “willing seller letters” including two Fallbrook ownerships with a combined 138.17 acres.

The acceptance of those five property owners exhausted the available funding, so offers were not made for the remaining ranked properties and appraisals were not made for the properties not ranked in the top 10. In July 2013, the Board of Supervisors approved

the purchase of the five properties totaling 738 acres for a cumulative price of \$1,694,000.

The 2013-14 budget process allocated \$620,000 to complete the purchase of the 10 ranked properties. Two of those owners declined the easement offers while the owner of a 44-acre parcel in Lakeside accepted the easement purchase agreement. The remaining \$560,000 was added to the unused \$94,000 from the original \$2 million to cover future purchases. In December 2013, the county supervisors directed staff to work on acquiring easements from the 16 properties not funded during the pilot program while referring the acquisition costs of those properties to the 2014-15 budget process.

In September 2014, the supervisors approved the acquisition of easements on eight properties for \$1,319,850 including a 19.14-acre Bonsall parcel whose easement was valued at \$190,000, and that action also directed staff to include up to \$1.5 million for PACE acquisitions in the 2015-16 budget. The intent of that budget direction was to have an ongoing program, and the PACE program now has an annual \$1.5 million funding allocation.

In November 2016, the Board of Supervisors approved the purchase of an agricultural easement on a 211.54-acre property in Pauma Valley for \$608,470. In September 2019, the county supervisors approved the purchase of agricultural easements for 143.41 acres in Rainbow and 154.84 acres in Dehesa.

In March 2021, the Board of Supervisors modified the PACE

program eligibility requirements. The density reduction requirement was eliminated and eligibility now only requires that the property must have been actively farmed and/or ranched for a minimum of two years immediately before applying for the program and that the property has A70 (Limited Agriculture), A72 (General Agriculture), RR (Rural Residential), S90 (Holding Area) or S92 (General Rural) zoning. The modification increased the eligible land in unincorporated San Diego County from 101,742 to 628,922 acres.

The Pauma Valley conservation

easement eliminates nine possible residential units which would have been allowed on the land, and the property is directly adjacent to the draft North County Multiple Species Conservation Plan Priority Conservation Area. The acquisition expands the county’s PACE acreage from 2,692 to 2,932. A 5-0 Board of Supervisors vote Dec. 8 set the Jan. 12 hearing date for the acquisition.

In addition to the \$525,000 appraised value, the county’s costs also include \$5,000 for closing and title costs. The expenses leave \$2,877,435 in the current PACE budget.

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Pacific lamprey found in Santa Margarita River, for the first time in decades



Damon Goodman holds a juvenile Pacific lamprey at Van Arsdale Reservoir in 2017. Credit: John Heil/USFWS

John Heil
Special to the Village News

“They will recolonize, if we pave the way for them,” said Damon Goodman, former biologist with the U.S. Fish and Wildlife Service’s Arcata office who is now a regional director in Northern California for CalTrout. If this sounds similar to the famous quote from “Field of Dreams”: “if you build it, they will come,” it is. And it is exactly what happened with Pacific lamprey recolonizing in the Santa Margarita River in Southern California.

Found in the river in August 2019 for the first time since last documented in 1940, this is now the furthest south the species has currently recolonized, 260 miles south of the previous location in San Luis Obispo which recolonized in 2017. These results were confirmed again in 2020 and 2021 – this followed unsuccessful efforts in the 1990s, 2005 and 2014 to locate a single lamprey.

Dr. Stewart Reid, from Western Fishes believes that the key to their return was a recent high flow event combined with a rebuilt weir and new fishway at Camp Pendleton which allowed the lamprey to find passage into the river.

“I want to give credit to the Marine Corps for putting in the fish ladder,” said Reid. “It may very well have played a role in an easier pathway for the lamprey to get into the river.”

In addition to the fish passage system or ladder installed in 2019 to aid steelhead, the U.S. Marine Corps which manages the river

on Camp Pendleton, took steps to remove invasive species such as black bass, crawfish, common carp, catfish, mosquito-fish and American bullfrogs as a part of the National Marine Fisheries Service federal recovery plan.

“It is a good indicator that our resources management efforts are working here at Camp Pendleton,” said U.S. Marine Corps Fish Biologist and Aquatic Species Specialist for Coastal and Riparian Ecosystems Kathryn Carmody of the lamprey coming back. “I think it points a lot to our widespread aquatic exotic control that is a huge issue throughout watersheds in Southern California. Since 2004 really being able to target all of our invasive species and remove as many as we can has really helped native species to be able to survive in these watersheds again and contribute to the health of the watershed.”

Goodman agreed that the Marine Corps’ efforts contributed greatly. “What we are finding is when the conditions are right, they’ll be there,” he said. “They have the ability to recolonize if they find a route to occupy historical habitats.

“To see them back in the river was a great moment. This is a major milestone toward recovery of Pacific lamprey here in California.”

Goodman and Reid plan to work with the Marine Corps to consider a low-cost lamprey friendly system similar to what was installed at Van Arsdale dam on the Eel River with four-inch flexible tubing, where biologists are able to count the numbers by



Stewart Reid surveys a lamprey habitat in the Santa Margarita River. Credit: Damon Goodman/USFWS

using a camera; or another system such as a simple ‘open climbing wall’ might be considered.

“We’re supportive of their efforts on base (Camp Pendleton) to provide fish passage, especially on the Santa Margarita River, which is a core population - one of the highest priorities as designated in the NMFS federal recovery plan for southern steelhead as part of that group,” said Sandra Jacobson, a CalTrout regional director for Southern California and the Sierras and a member of the South Coast Steelhead Coalition.

“Lamprey have not been found in any Southern California freshwater system in recent years, and to show up consistently for multiple years here shows us that the Santa Margarita is capable of supporting this species now, where before maybe it wasn’t,” said Carmody.

“The potential is there all across the marine ecosystem in Southern California,” said Reid of lamprey’s presence. “We just need to build it (passage) and they will come.”

Incorporating lamprey habitat and passage requirements into river management is critical for enabling recovery. Working side-by-side with partners that manage our rivers such as the Marine Corps, tribes, universities, communities, California Department of Fish and Wildlife and other local, state and federal agencies is absolutely key to the species making a comeback per Goodman.

This work has been ongoing for several years for Goodman, Reid and many others.

A recent study by Goodman and Reid found that the duration of the ammocoete – or larval lamprey life stage is not well understood, hampering the development of lamprey conservation strategies. Goodman, Reid and other partners monitored the anadromous Pacific lamprey in the San Luis Obispo drainage near the southern extent of their range from hatch to transformation into macrophthalmia, the life stage where they move out to sea for feeding.

Lamprey had been absent for over six years, but naturally recolonized, with ammocoetes first detected in 2017. They found that in the warm south ammocoetes matured more quickly than in more widely studied northern populations, shortening their



Damon Goodman handles an adult Pacific lamprey at Van Arsdale in 2017. Credit: John Heil/USFWS



The Pacific lamprey can now be found in its Santa Margarita River habitat. Photo courtesy of Damon Goodman/USFWS

freshwater residency.

Ammocoetes transformed into the older life stage (macrophthalmia) in as little as 2.6 years – at least half that assumed in other studies. This is the first estimate of time-to-transformation for lamprey in its southern range and provides insights into adaptive strategies and refinement of recovery approaches for the lamprey species worldwide.

“I appreciate all his work with lamprey to date,” Carmody said of Goodman, “because lamprey is not listed yet, they don’t get the necessary resources, so it is nice to know we have people like him out there monitoring and putting in the effort, so we have more data.”

“We can’t solve these problems

without looking,” said Reid of his and Goodman’s efforts to continue to check watersheds across Southern California in the hopes they will find them again. “We monitor populations thinking in terms of conservation. Some say, well, they’ve disappeared from Southern California – we’ve lost the species. I say let’s try to understand their biology and the characteristics of their historical habitat. The peripheral habitat in the range of a species tends to sort of expand and contract. So, the key is we want to keep our hopes up, keep habitat and pathways open, and not panic.”

John Heil works in External Affairs for the U.S. Fish and Wildlife Service.

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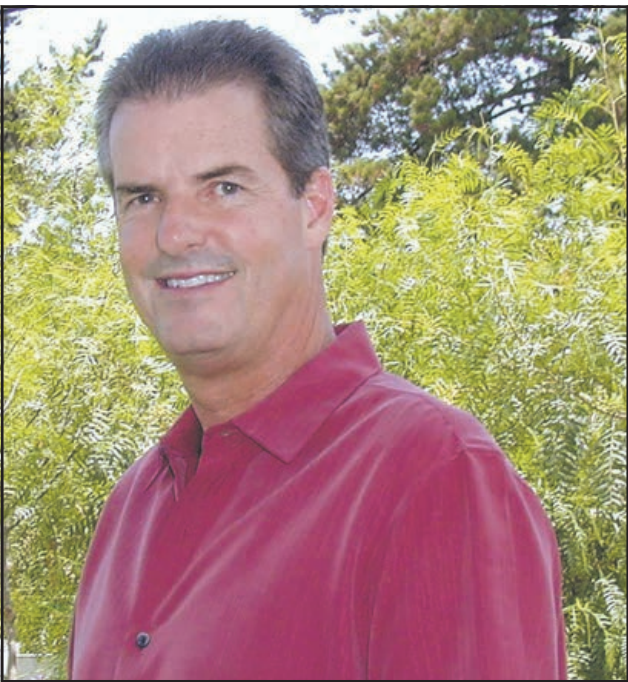
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Coldwell Banker names its top agents



Coldwell Banker Village Properties' Top Listing Agent for the month of December 2021 is Heidi Dickens.



Coldwell Banker Village Properties' Top Selling Agent for the month of December 2021 is Tom Van Wie.



Coldwell Banker Village Properties' Top Producing Agent for the month of December 2021 is Abby Elston.

Village News/Courtesy photos

3 ways to make the most of color at home

Jane Kepley
Special to the Village News

If you're thinking of updating, remodeling or repairing your home this year, it's time to start planning.

Want to make the most of your efforts? Don't overlook color. Color plays a big role in your home's aesthetic and mood, and it can affect your overall property value, too.

If you're not sure where to start, get acquainted with the trending hues for 2022 and take a look at these tips for incorporating color like a pro.

1. Let the colors of the year guide you. A great place to start is by reviewing the "colors of the year." For 2022, hues of green are in for two of the most well-known brands. Benjamin Moore went with October Mist, a pale, silvery green, while Sherwin-Williams opted for Evergreen Fog, a soothing "green-meets-gray" shade. Pantone went in a different direction with Very Peri, a periwinkle shade with violet-red undertones meant to "encourage courageous creativity."

2. Have a color-placing strategy. How will you use the colors? You can opt for a more nuanced approach and paint an accent wall, your crown molding or your baseboards, or you could go all-out



Those unsure of where to start with choosing colors can look at the 2022 colors of the year, themed in either greens or purples.

Village News/Metro photo

and use it on your kitchen cabinets or even an entire room or ceiling. Another option: You could focus on accessories like bedding or drapes if you want something more temporary.

3. Factor in durability and upkeep. White and light hues photograph well and make a room look nice and clean. On the downside, they may get dirty easily and often require a lot of

cleaning and upkeep. They're typically not good choices in a well-used space (like a playroom or right around the kitchen sink or oven, for example). Planning to sell your home or

buy a new one this year? Reach out today for guidance.

Contact Jane Kepley with CR Properties at 760-622-0204 or kepleyrealestate@att.net.

Board unanimously approves 2-year Home Kitchen Ordinance



A two-year temporary authorization of an ordinance will allow people to legally operate "mini-restaurants" out of their homes.

Gig Conaughton
County of San Diego
Communications Office

The Board of Supervisors Tuesday, Jan. 11, unanimously approved a two-year temporary authorization of an ordinance that will ultimately allow people to legally operate "mini-restaurants" out of their homes.

They could serve as many as 30 in-person, take-out, or delivery meals a day, with a maximum of 60 meals a week. Operators will be required to get a health permit, and home kitchens must pass food safety inspections.

Vice Chair Nora Vargas and Supervisor Joel Anderson, who brought a request to draft an ordinance for microenterprise home kitchen operations, or MEHKOs, to the Board in September, said Wednesday, Jan. 12, that the home kitchens wouldn't compete with established restaurants but would help local communities, the economy and people with cooking skills trying to make ends meet.

"Legally implemented MEHKOS can serve as incubators

for aspiring restaurateurs to test out and vet a menu while learning the basics of what it takes to run a small-scale retail operation," Vargas said. "I want to make sure that families and businesses in our region are thriving, not just surviving, and this opens the door for home cooks to do just that."

Anderson said MEHKOS also provide a great service to communities "because people are getting quality food from their neighbors."

"On every level I just believe this is a terrific program," Anderson said.

County staff said comments collected in public meetings and hearings stated that microenterprise kitchens could have numerous potential economic and community benefits. They would give aspiring restaurateurs a way to earn a living and a way to test their skills and ideas for an overall startup cost of about \$740, rather than spending the estimated \$275,000 average cost of opening a storefront restaurant. They would also provide "food justice" and healthy, home-cooked meals for communities that don't have lots

of restaurants or that lack access to healthy food.

California established a MEHKO addition to the California Retail Food Code in 2019. The code is the state law that establishes health and sanitation standards and regulates food facilities. The County of San Diego is the regional local authority that conducts health inspections for all restaurants and food facilities and is the governing body to consider MEHKO authorization for all jurisdictions in the region.

The state law allows microenterprise kitchens with restrictions. Some of those include:

- They must be operated by a resident living in the home or apartment
- They cannot have more than one full-time employee excluding family members.
- Food must be prepared and served on the same day and sold directly to consumers.
- They're limited to \$50,000 in sales a year.
- They cannot operate as caterers, temporary event vendors, mobile event vendors or cottage food operators that prepare and sell packaged foods.

Home cooks who want to operate a microenterprise kitchen would be required to submit an application, earn a food safety manager certificate from an approved school, pass an initial inspection, and undergo annual inspections. Kitchens that rely upon well water would also have to conduct private well tests to ensure the water is safe.

The Department of Environmental Health and Quality conducted approximately 50 stakeholder meetings to inform the drafting of the ordinance, including four public workshops with language translators, meetings with other public

agencies, chambers of commerce and city councils.

Because the board's action creates a new ordinance to oversee regulation, it will need to be authorized again at a "second reading" Jan. 26, which will allow it to take effect 30 days after that.

County staff said they would study local MEHKOS during the two-year temporary authorization of the ordinance and bring back that data to the board before the ordinance expires for their consideration on whether to make it permanent.

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Fifth graders line trailhead with native plants



Diane Kennedy of the Fallbrook Land Conservancy native plant restoration team Village News/Shane Gibson photos educates Live Oak Elementary fifth grade students how to remove a plant from a pot before planting it in the ground at the Monserate Mountain Preserve.



Live Oak Elementary fifth grade student Melanie St. Romain digs a hole to plant a native California plant in the ground at the Monserate Mountain Preserve trailhead.



Live Oak Elementary fifth grade students grab potted native California plants to take to the trailhead at the Monserate Mountain Preserve.



Live Oak Elementary fifth grade students work together to help plant native California plants at the Monserate Mountain Preserve trailhead with Fallbrook Land Conservancy volunteers.



Live Oak Elementary fifth grade students help plant native California plants at the Monserate Mountain Preserve trailhead. Students are given the opportunity to learn about the environment and help the Fallbrook Land Conservancy in their efforts to rehabilitate the popular trailhead at the mountain.



Live Oak Elementary School fifth grade students hike up the Monserate Mountain Preserve trail as they learn about the native habitat.



Fallbrook Land Conservancy Chair Susan Liebes leads Live Oak Elementary School fifth grade students for a hike up the trail to learn about the native habitat.



A class of fifth grade students from Live Oak Elementary School arrive at Monserate Mountain Preserve to help plant native plants and learn about our local environment hosted by the Fallbrook Land Conservancy Save Our Forest Environmental Education Program, Jan. 13.

SPORTS

Fallbrook Girls Rugby Club opens the season with a bang

FALLBROOK – The Fallbrook Girls Rugby Club is coming off an undefeated 2021 season and hit the ground running for the New Year. The 2022 season kicked off over the first weekend in January when two teams of seven took the field to compete against Southern California’s high school teams.

Under the Friday night lights at Westview High School, the FGRC Division I team competed Jan. 7 and dominated against three different teams, Westview and Rancho Bernardo High School Green and Gold teams where no team found any way to decipher the stout defense of the Fallbrook Warriors.

More dominating than their defense was Fallbrook’s swarming offense consisting of surgical passing, speed and teamwork. Head coach John Duncan said he was extremely proud of how the team executed the game plan and he looks to build upon their performance that night; the D1 team had a cumulative 156-0 points against its three adversaries.

On Saturday, Jan. 8, the FGRC Open Division took the field and found success beating Torrey Pines, San Marcos, and Tesoro high schools. What was most impressive is the team of seven players lost their captain, Maddy Jersey, during the first half of the first match, so the Fallbrook Girls were a player down for the remainder of the matches which resulted in three wins.

When assistant head coach Taylor Duncan was asked her thoughts on the open divisions performance, she said she was ecstatic about how well the FGRC Open Division performed while being down a player. “This is a testament of the team rallying behind newly appointed captain Cora Haughey and applying the Fallbrook Rugby game strategy and focusing on the fundamentals and more importantly playing as a team,” said Duncan.

Fallbrook looks to March as it prepares to compete against the country’s best during the Los Angeles Sevens Rugby Tournament.



Division I player Brianna Beath goes for a break away try with Fallbrook teammates Solana Shimura and Tiahna Padilla as escorts at Westview High School. Village News/Courtesy photos



Division I player Liberty Benitez passes to Solana Shimura in Fallbrook’s win over West View.



Madison Jersey offloads to a ready Cora Haughey against Torrey Pines High School in the Open Division match Jan. 8.



Newly appointed captain Open division team captain Cora Haughey splits the Torrey Pines Falcon Defenders.



Sydney Miller is on a sprint to the Try Zone with San Marcos in pursuit during an open division match.



Open division player Liliana Woodworth makes a solid tackle against San Marcos with Cora Haughey in support on defense.



Fallbrook’s Emma “AJ” Haughey goes low for a tackle against Rancho Bernardo HS with Lucy Powell and Brianna Beath in support.



Division I player Jordan Duncan makes a pass out to Tiahna Padilla against Rancho Bernardo, Jan 7.

Lady Warriors outscore the Cougars 2-1



Lady Warrior Paige Gartner attempts to get the ball into scoring position against the Cougars. Fallbrook won 2-1.



Fallbrook's Jade Boultinghouse races for the ball against an Escondido opponent.



Lady Warrior Abby Petersen races after the ball against the Cougars.

Village News/Shane Gibson photos



Fallbrook's goalie Sar Ferreira stops an Escondido shot attempt.



Lady Warrior Adriana Madrigal races for the ball against a Cougar opponent.



Fallbrook's Cassidy Boulanger gets the ball and dribbles against Escondido.

Zero Tolerance wins Las Cienegas Stakes



Zero Tolerance and jockey Flavien Prat, inside, overpower Tapwater (Joe Bravo), outside, to win the Grade III, \$100,000 Las Cienegas Stakes, Sunday, Jan. 9, 2022, at Santa Anita Park, Arcadia.

Joe Naiman
Village News Reporter

San Luis Rey Thoroughbred Center filly Zero Tolerance won the Grade 3 Las Cienegas Stakes race Jan. 9 at Santa Anita Park. Zero Tolerance won the 6 1/2-furlong turf race in 1:13.26 and crossed the finish line a head before second-place Tapwater. “So happy,” said trainer Ruben Alvarado. The Las Cienegas Stakes for fillies and mares 4 years old and up was the first race for Zero Tolerance since she won an allowance race Nov. 20 at the Del Mar Thoroughbred Club, although she had four timed workouts at San

Luis Rey between those races. “She was training great,” Alvarado said. Flavien Prat rode Zero Tolerance for the Las Cienegas Stakes. “It was a good ride,” Alvarado said. Prat and Zero Tolerance broke third among the seven entries. After a quarter of a mile they were in second, a length and a half behind Hear My Prayer. The margin between Hear My Prayer and Zero Tolerance was narrowed to one length by the completion of the race’s first half-mile. That allowed Prat to utilize Zero Tolerance’s closing speed while not needing to make up too much ground. “You want to be a little bit close,” Alvarado said. Zero Tolerance overtook Hear

My Prayer as the horses entered the stretch. Zero Tolerance needed 1:06.92 to reach the stretch, at which point she led Hear My Prayer by half a length and third-place Tapwater by 2 1/2 lengths. “I knew she was going to hang in there,” Alvarado said. “She was running real hard.” Tapwater and jockey Joe Bravo were unable to catch Prat and Zero Tolerance. “We got lucky with her

that day,” Alvarado said. Zero Tolerance was foaled in Kentucky on Feb. 23, 2018. She was sired by Mizzen Mast out of Torreadora. She finished second in her first-ever race Aug. 1 at Del Mar but then won an Aug. 20 race at Del Mar. Her first stakes race was the Oct. 3 Unzip Me Stakes at Santa Anita, and she won that. She was fourth in the Grade 3 Autumn Miss Stakes competition Oct. 30 at

Santa Anita but followed that with her Nov. 20 win at Del Mar. The \$60,000 first-place share of the \$100,000 total Las Cienegas Stakes purse increased Zero Tolerance’s career earnings to \$215,000. The next planned race for Zero Tolerance is to be determined. “We’re just going to take our time and see what’s next,” Alvarado said.

Senior golfers needed

FALLBROOK – Anyone over the age of 50 who likes to play golf can join the Fallbrook Seniors Golf Group. The group plays each Tuesday at about 15 different courses in the North San Diego County area. It is as much a social club as a

golf club. They have a summer party, a Christmas Party, two “away” trips each year, in the spring and in the fall. For more information call Ed Erzen, 760-728-3960. Submitted by Fallbrook Seniors Golf Group.

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Warriors sixth as team at Jim Londos Memorial

Joe Naiman
Village News Reporter

Despite not filling most of the weight classes at the Jim Londos Memorial wrestling tournament Jan. 15 at Orange Glen High School, Fallbrook High School finished sixth in the team standings.

Team points are based on how far a school’s wrestler advances in each bracket along with the type of victory obtained. “I’m very excited about how we did,” said Fallbrook coach Cristian Vera. “The vast majority of our wins were by pin, so that kept us in the loop.”

Brawley accumulated 145 points for the team championship. Torrey Pines had the fifth-place total of 88 points. Fallbrook obtained 86 points. Scripps Ranch had the seventh-place figure of 81 1/2 points.

For Fallbrook, the Jim Londos Memorial was preceded by a Jan. 13 dual meet at home against San Marcos. The Warriors had to forfeit nine weight classes, including two which were a double forfeit since San Marcos did not have a grappler in that division.

San Marcos also forfeited the heavyweight class, giving Francisco Andraca the victory and giving Fallbrook six team points. San Marcos won six matches by forfeit, one by pin, and one by decision. Fallbrook’s victories

were pins by 128-pounder Ethan Ellefsen, 140-pounder Marco Arias, and 154-pounder Ethan Aguila.

“We weren’t able to match up,” Vera said.

The forfeits contributed to a 45-24 San Marcos victory, although Fallbrook won three of the five contested matches. Including the junior varsity bouts, 12 matches were contested that day, and the Warriors won eight. “I think that bodes well for our future,” Vera said.

Nine Warriors traveled to Orange Glen for the Jim Londos Memorial. “We were able to bring some extra bodies with us to get them some mat time,” Vera said.

Aguila competed in the 147-pound division Jan. 15 and took second in the class. He began competition with a pin of Brawley’s Andrew Ramirez 50 seconds into the second period. A pin of Mount Carmel’s Thomas Speer with nine seconds remaining in the first period advanced Aguila to the semifinal, where he took a 10-1 major decision against Zachary Hudlow of Mission Hills.

Jonathan Saenz of Canyon Crest defeated Aguila in the final. “It was a very competitive match,” Vera said.

Saenz had a 9-7 lead after the second period and won an 11-8 decision. Although he lost in a tournament finals for the second week in a row, Aguila reached

the championship match Jan. 15 as well as at the Mission Hills Invitational tournament Jan. 8.

“It’s really important to be able to get into those later rounds,” Vera said.

Vera explained that wrestling that caliber of competition will prepare Aguila for the CIF tournament. “I have no doubt that Ethan’s going to do the work to get to where he needs to be,” Vera said.

The CIF Division II tournament will take place Feb. 12, and those who place high enough will compete in the all-division masters tournament the following weekend.

Fallbrook had three 122-pound wrestlers at the Jim Londos Memorial including Ellefsen, who placed third. Ellefsen’s first match ended as a pin of Joshua DeCremer of Valley Center with 58 seconds left in the third period. Ellefsen then pinned Gavyn Love of Oceanside 14 seconds into the second period.

Badr Hage Hassan of Del Norte won a 22-7 technical fall against Ellefsen in the semifinals. “It was definitely a dogfight,” Vera said.

Ellefsen’s first consolation bracket match was a 5-3 decision over Quentin Viramontes of Scripps Ranch. That put Ellefsen into the third-place match against Aydan Wohlford of Otay Ranch. Ellefsen pinned Wohlford 41 seconds into the second period. “He didn’t let the loss get into

his head,” Vera said. “I’m very, very happy with his performance.”

Daniel Wilson lost both of his 122-pound matches by pin but lasted into the third period in his consolation match. Fisher Phillips was pinned in his first match, pinned his Castle Park opponent in his first consolation match, and then lost by pin.

A wrestler is limited to five matches in a day, which cost Arias the opportunity to wrestle for third place in the 140-pound division. Arias began the tournament with a pin of Mission Hills’ Eliel Santiago 54 seconds into the second period but was then pinned by Rahman Ferguson of San Ysidro with 12 seconds remaining in the first period. In his first consolation match, Arias pinned Lucas Davis of Valley Center 56 seconds after the start of the contest. Arias then pinned Jay Totanes of Vista 47 seconds into the second period and pinned Garrett Elliott of Scripps Ranch at the end of the first period. The results gave Arias a 4-1 record for the day. “I’m very happy with his performance,” Vera said.

Xavier Pacheco placed fifth in the 115-pound bracket. He pinned Derrick Nguyen of Patrick Henry 54 seconds into the second period before being pinned by Riley Budd of Mission Hills at the end of the second period.

Fallbrook’s other 115-pound wrestler, Benji Moreno, lost a 12-7 decision in the consolation

bracket to Cristoforo Martinez of Del Norte, which advanced Martinez to a consolation bracket match against Pacheco. Pacheco pinned Martinez 40 seconds into the second period and then pinned Colin Scott of Torrey Pines 42 seconds into the second period.

The fifth match of the day for Pacheco was a 9-4 decision loss against Alex Adler of Patrick Henry. Although Pacheco could not compete in the fifth-place match Budd had been disqualified in his semifinal bout and had to forfeit his subsequent matches including the fifth-place competition, so Pacheco was awarded fifth place. “He had earned the right to get there,” Vera said.

Osprey Espinoza was in the 134-pound bracket. He was pinned by Mount Carmel’s Alex Valladares 37 seconds into his first match, began the consolation bracket with a medical forfeit win over Bryce Fullerton of Rancho Buena Vista, defeated Eriksson Kylstad of Patrick Henry in a 13-4 major decision, and was pinned by Escondido’s Ruben Rivera with 35 seconds left in the second period.

In the 222-pound competition, Izaak Reyes of Oceanside pinned Fallbrook’s Tank Benitez 1:00 into their match. Benitez was then pinned by Joel Maya of Montgomery 1:20 into that match. “It was another fantastic weekend of wrestling for us,” Vera said.

BUSINESS DIRECTORY

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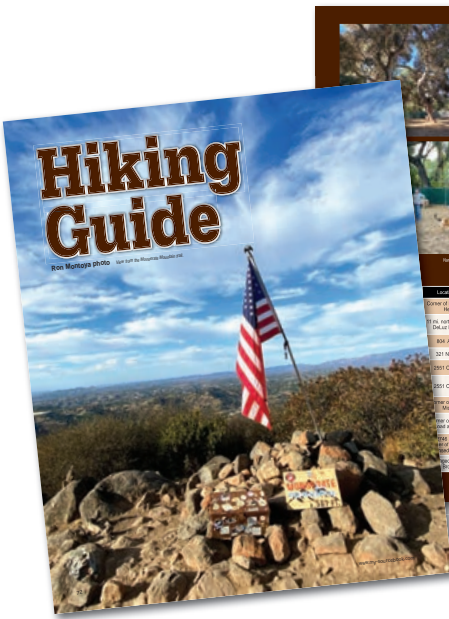
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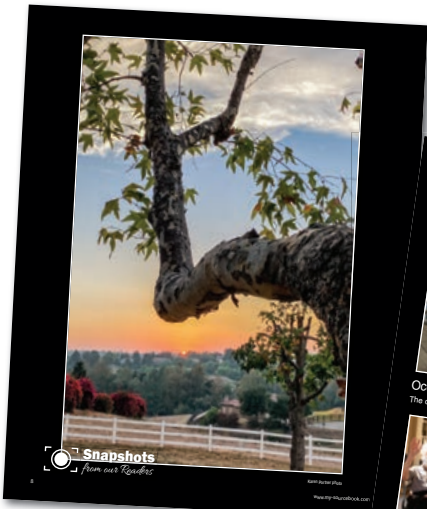
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Where could your photo be published in 2022?

HEALTH

Legacy continues to support Fallbrook seniors

FALLBROOK – Legacy Endowment Foundation has been a faithful partner for over two decades to many of the nonprofits in the Village of Fallbrook. At Legacy’s annual grant awards dinner in November, the Fallbrook Senior Center was the recipient of a generous award to help subsidize its two meal programs.

The senior center is grateful for the continued partnership with Legacy Endowment in the fight against food insecurity and appreciates Legacy’s ongoing support of the seniors in Fallbrook. The grant award will help the senior center continue to serve hot, freshly prepared meals in a congregate

setting as well as deliver meals to homebound seniors at no cost to those who are age 60 and better. The Congregate Meal Program allows seniors social connections that can be lifesaving and fight against isolation. The Home Delivered Meal Program is designed to alleviate food insecurity by providing meals five to seven days a week to homebound seniors while also providing a wellness check. For more information about the Fallbrook Senior Center, visit www.FallbrookSeniorCenter.com.

Submitted by the Fallbrook Senior Center.

Having a fireside chat at the Pala Mesa Resort before the start of the Legacy Grant Awards Dinner are Jackie Heyneman with Save Our Forest and Ron Spencer with the Fallbrook Senior Center.

Village News/Courtesy photo



How to create structure after retirement



A concerted effort to be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Village News/Metro photo

FALLBROOK – Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they’re going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of the 2011 book “The Retiring Mind: How to Make the Psychological Transition to Retirement,” notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly

be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel useless. Overcoming such feelings can be difficult but finding ways to build daily structure can make the transition to retirement go smoothly.

- Find something to truly engage in. Professionals who truly enjoy their work tend to be fully engaged, so it’s no surprise if such individuals have a hard time adjusting to retirement. Some may suggest volunteering can help fill the void created by retirement, but researchers with the Sloan Center on Aging and Work at Boston College have found that only those individuals

who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they’ll find genuinely engaging.

- Embrace the idea of “bridge employment.” “Bridge employment” is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March

2020, but a 2019 survey from the LIMRA Secure Retirement Institute found that 27% of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can provide enough daily structure to help retirees feel as though each day is not just a free-for-all.

- Make a concerted effort to be more social. Volunteering and working are not the only ways to create structure in retirement. A concerted effort to be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily

morning hikes or another local community organization. These are great ways to build structure and meet new people.

Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.

Three tips to help block blue light in an increasingly remote world

Dr. Scott Edmonds
Special to the Village News

With the persistent spread of the virus that causes COVID-19 in California and nationwide, some traditionally in-person activities – work, school and social interactions – will likely remain remote more often than usual for the foreseeable future.

As a result, the use of digital devices has surged significantly, with Americans logging an average of 13 hours per day watching screens. That compares to between seven and 10 hours per day before the COVID-19 pandemic started, with the increase in screen time likely contributing to more exposure to blue light.

While this low-wavelength, high-energy light offers some benefits, such as boosting

alertness, too much of it may cause problems. Researchers continue to evaluate the potential short- and long-term health implications that may come from excessive exposure to blue light, including potential damage to retina cells, particularly in children and teens; increased incidences of age-related macular degeneration; disrupted sleep cycles and digital eye strain.

In fact, nearly 60% of U.S. adults report symptoms of digital eye strain, which may result from extended computer and smartphone usage and can contribute to dry eyes, headaches and neck or shoulder pain. With that in mind, here are three tips to consider as the consistent use of digital devices remains a fact of life for most people:

Use the 20-20-20 rule or other rest tactics. It is important to give

your eyes some rest during the day by breaking up long stretches of screen time. The 20-20-20 rule recommends that after 20 minutes of computer work, people take 20 seconds to look at something that's approximately 20 feet away. Other strategies include keeping devices at least 30 inches from the eyes, as this separation can help reduce blue-light exposure; and switching to a task for which the eyes don't have to focus on something up close, such as returning a call. Also, getting outside may reduce the risk of developing nearsightedness, which has become increasingly common in part due to the increased use of screens and today affects 41% of Americans – up from 25% in 1970.

Leverage blue-light-blocking technology. Many smartphones now include a “night mode”

feature, which adjusts the screen's setting to help filter out blue light. Likewise, specialized screen protectors can feature blue-light-filtering properties, while also helping prevent cracks or scratches. To help block blue light at the source, some computer manufacturers are embedding blue-light-filtering technology into the screens, helping ensure color clarity while reducing exposure to blue light. Another option is to get glasses with premium anti-reflective coating, which may help prevent harmful reflective glare and reduce the risk of digital eye strain.

Get a comprehensive eye exam. It's a good idea for computer users to get an eye exam every year, according to the American Optometric Association. If you experience ongoing symptoms of digital eye strain, prescription

lenses for computer viewing may be needed. Plus, a comprehensive eye exam may uncover other health conditions not usually associated with the eyes, including diabetes and some types of cancer. For children, remember that a school's vision check is not a substitute for a comprehensive eye exam, as screenings usually focus on measuring acuity levels and might miss conditions such as poor eye alignment, focusing problems and farsightedness.

As we contend with the ongoing pandemic and transition to an increasingly virtual world, considering these tips can help people maintain or improve their eye health as part of an overall focus on whole-person well-being.

Dr. Scott Edmonds is the chief eye care officer for UnitedHealthcare.

Influenza numbers below average, possibly due to COVID measures

City News Service

The number of influenza cases in San Diego County is below average this season, which public health officials at least partly attributed to COVID-19 measures such as social distancing and face coverings.

The county Health and Human Services Agency reported 139 lab-confirmed flu cases for the week ending Saturday, a decrease from the previous week's 185.

“We're seeing record numbers of COVID-19 infections in our community right now, and you don't want to get the flu and

COVID at the same time,” Dr. Cameron Kaiser, county deputy public health officer, said. “Get vaccinated against the flu as soon as you can. Every flu case prevented makes more resources available to defeat COVID-19 and means you're not getting sick, or worse.”

For the week ending Saturday, the agency said that emergency department visits for influenza-like illness were 7% of all visits, up from 5% the previous week.

Total lab-confirmed cases to date now number 1,185, compared to 224 at the same time last season and a 2,820 previous five-year

average during the same week.

Last season, 848 influenza cases were reported in San Diego County, including two deaths. In 2019, 108 San Diegans died from influenza and more than 20,700 flu cases were reported.

The U.S. Centers for Disease Control and Prevention recommended that everyone six months and older get a flu shot every year. People with chronic medical conditions, pregnant women, people age 65 and older and people who live with or care for others who are at higher risk are all more likely to get seriously sick from the flu.

Health officials said people should wash hands thoroughly and often, use hand sanitizers, avoid sick people, avoid touching your eyes, nose and mouth, clean commonly touched surfaces and if sick, stay home and avoid contact with others.

On Wednesday, Jan. 5, a COVID-19 testing company in Los Angeles said it had identified what it believes is the first local case of “flurona,” meaning a person who tested positive for

both coronavirus and the flu. The patient was only described as a teenager. Officials with 911 COVID Testing said the teen was showing symptoms but did not require hospitalization and went home with parents.

Every Wednesday during flu season, the HHSA publishes the Influenza Watch weekly report, which tracks key flu indicators and summarizes influenza surveillance in the region.

Pala Casino offers free covid testing for team members & general public

Testing will be available onsite starting Tuesday, Jan. 25

PALA – Pala Casino Spa Resort is excited to announce free COVID-19 testing will be available for Pala Team members, as well as the general public starting Tuesday, Jan. 25. All tests will be administered at the testing facility located adjacent to the Pala RV Resort. The testing facility will be open on Tuesdays, Wednesdays, and Thursdays from 10 a.m. to 3 p.m. each day.

Appointments are not needed, but pre-registration is required. Pre-registration can be completed at <https://bit.ly/FreeCovidTestPala>. Results are available within four

business days. All information is confidential. For more information about COVID-19 testing please call 760-292-6111.

“The health and safety of the valued guests and team members is paramount to Pala Casino Spa Resort,” said Fred Buro, general manager, Pala Casino Spa Resort. “Offering convenient testing to our team and the general public is part of Pala's commitment to Playing it Safe.”

Pala Casino is committed to following the guidelines and recommendations issued by the Centers for Disease Control

for businesses. For a full list of the property updates and safety protocols at Pala Casino, visit <https://www.palacasino.com/>.

Submitted by Pala Casino Spa Resort.

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the village beat

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villagenews.com

BUSINESS

Follis and Robinson collaborate on top notch customer service

Lucette Moramarco
Associate Editor

Long-time local realtors Ken Follis and Sharon Robinson joined forces a year ago at Robinson Group Compass to have a banner year in the real estate market, selling \$80,000,000 in 2021.

Follis has worked in real estate since 1980; Robinson started her career in 2002 and the two previously worked together at Windemere in Fallbrook. When Follis asked to join her group, Robinson said, “I knew it would be a blessing.”

While the Robinson Group was doing good already, she said, “I knew it would make us stronger.”

The Robinson Group with Ken Follis office is at the Compass Carlsbad location, but their business is here in Fallbrook and Bonsall. “We have a full staff there with a digital platform and marketing tools included,” explained Robinson. She and Follis handle the same number of transactions as the coastal agents, houses at all price points and sizes.

Robinson was referred to Compass which requires realtors to have a certain production figure to join the company, she said. So there is pressure on the top producing agents to keep it up, she added, but the company supports all of its agents, so it is a great environment to work in.

As for Follis, he said, “The reason I came to Compass is the back office support is so much better for our clients. It culminates in an honest opinion of what the property is worth.”

One of the advantages of working for Compass, Robinson pointed out, is that it has “Collection,” a digital collaborative board similar to Pinterest but with property listings on it. “It is a more modern interface” run with the help of tech people that produces quick pricing strategies in a changing market. The pricing tools involve artificial intelligence, she said, so they can predict what is going to happen using data and trends; “the tools at our fingertips put us at an advantage.”

Follis explained that “the beauty

of our community is we are rural, we have more space, community neighborhoods in clusters if they want but a rural feeling...this is truly an experience they haven’t had. We sell the community first, then a home.”

Robinson pointed out that many people had been looking for a home for a year or more, coming down here multiple times making it a longer process. Now, though, most buyers are on a shorter timeline than in the past, with a lot of buyers making multiple offers, pulling the trigger fast. Part of the reason is “our area is close to big cities,” she said, and “Big Bear, surfing, LA, Orange County, wine country; we have everything that is important to everyone.”

Follis said, “It takes a lot of time for buyers to acclimate so we take our time with them.”

He moved to the area in the early 70’s, to San Marcos from Rialto, and bought a lot on Green Canyon, but eventually moved to Champagne Crest in 1998. He and his wife have since moved to Bonsall, near the new fire station. One reason why a “local agent is best is fire insurance is a challenge, but we know where to send them,” he said.

He got started in real estate in Escondido in 1980, making the move to ReMax in Fallbrook in 2004, then to Willis Allen and eventually to Windemere in 2012.

Robinson grew up in Texas and was a science teacher before moving to Coto de Caza, California and having twins. Once her children were in school, she got into real estate in 2002. She and her then husband moved to Fallbrook in 2003. Here she has worked for several real estate companies including Century 21, Jacques Company and Home Start before joining Follis and Carlson at Windemere. She had her own team there, some of them went with her to Compass.

Robinson’s experience at a performing arts high school, as a science teacher and a mother, led to her involvement with nonprofits. As part of the National Charity League with her daughter, she was exposed to philanthropy



Realtors Sharon Robinson and Ken Follis are ready to educate their clients on the current market and to use the digital tools Compass offers to give them the best customer service around. Village News/Julie Reeder photo

and all the nonprofits in our area. She now volunteers with the Fallbrook branch of the American Association of University Women, serving as a mentor to high school girls. She is also on the board of the Fallbrook Music Society and working on a scholarship for high school students who plan to study music.

Follis gives a portion of the money he earns to local charities including Hope Clinic for Women and Foundation for Senior Care for which he is a consultant in real estate matters. He is on the board of Hope Clinic and was involved in the creation of its now remodeled medical facility. He and his wife attend LifePointe church and she volunteers with the Fallbrook Food Pantry.

Together, Follis and Robinson have a wealth of experience in real estate and a vested interest in the community they live in. Robinson refers to their partnership as a collaboration, saying they are like

yin and yang, and have “synergy, more than just the two of us, we bring different things to the table.”

As for the market right now, Follis said 2022 will be a year of transition after crazy price increases, inflation and interest rates up; the huge shortage of inventory will slow down. “We really look at the data of micro markets, neighborhoods, price points, different market times; what we see, it can change. For 2022, homes will start staying on the market longer. Not all square footage is created equal; what current homes are going for, if you overprice it, it is going to sit. Prices are appreciating 3 to 5%.”

He also said there will be a more balanced inventory with homes staying on the market three to six months instead of one. “It’s still a seller’s market, but not the same frenzy,” he added.

Robinson said sellers need to understand what is going on with the market to make the right

choices. Follis said the biggest change has been from the typical 120-135 days on market to the recent 21-22 days of the last couple years. With the lower interest rates, more people have been able to buy a higher priced home, including younger people.

However, with a \$500,000 loan, an increase of 1% in the interest rate means a loss of \$66,000 in buying power, he pointed out. He also said COVID has thrown the market ahead five to 10 years with increased use of digital tools and the requirement of digital preapprovals before showing a house, so showing to only people who are qualified.

Robinson and Follis are ready to educate their clients on the current market and to use the digital tools Compass offers to give them the best customer service around.

Follis can be reached at 760-803-6235 and Robinson at 949-295-1161 or visit www.rollinghillsfallbrook.com.

Trustees terminate previous agreement, now looking at Baker Electric for solar panels at FHS

Rick Monroe
Special to the Village News

Trustees of the Fallbrook Union High School District voted at their Jan. 10 meeting to terminate their previous agreement dated Sept. 28 with Johnson Controls, Inc. for solar panels to be built on the senior parking lot at Fallbrook High School.

The district and JCI did not agree on JCI’s construction proposal within 10 business days from district’s receipt of the Construction Proposal, such that the proposal was deemed withdrawn and of no effect, reported Superintendent Ilsa Garza-Gonzalez.

“The district has determined that it is in the best interests of the district to provide a Notice of Termination for Convenience to JCI,” the superintendent reported. There has been an incurred expense



The senior parking lot at Fallbrook High School is the proposed site for solar panels.

Village News/Chloe Shaver photo

of \$350,000 to date, she noted, mostly in plans that can still be used.

At previous board meetings, there was discussion during the public comments that the agricultural department’s adjacent land to the senior parking lot was impacted by the proposed solar panel project.

Later in the Jan. 10 meeting, trustees voted to direct Garza-

Gonzalez to negotiate a new contract with Baker Electric.

The district previously entertained presentations at an open session board meeting on Nov. 19 regarding the district’s solar project from three vendors – Baker Electric, Empowered Solutions and Schneider Electric. During the presentations, the board was given information regarding each firm’s ability to provide engineering design, procurement, construction, start-up, commissioning, and

ongoing operations, maintenance, and monitoring, and a long-term performance guarantee for installation of a photovoltaic solar electric generating system (“PV System”) on district property. The superintendent noted that Johnson Controls, Inc., was also invited to present, but was unable to attend the board meeting.

The board had a brief discussion before voting unanimously to select Baker Electric and directed the staff to solidify the scope of the PV System

project and negotiate a design-build contract for construction of the solar panels.

Baker will be asked to return to an upcoming board meeting to present the scope of the project with the board. When approved by the board, the district will negotiate a design-build contract with the selected vendor for the vendor to complete the installation of the PV System project. The design-build contract with the selected vendor would then go for board approval.

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Vallecitos School District increases board member compensation

Joe Naiman
Village News Reporter

The Vallecitos School District increased the compensation paid to board members for attending meetings.

A 5-0 school board vote Jan. 11 approved the increase from \$110 to \$115. The compensation is per

month rather than per meeting, so if more than one school board meeting is held in a month the board members will still only be compensated \$115.

“Our district has a very modest compensation for our board,” said Vallecitos School District Business Manager Linda Miller.

The district has a policy of

allowing a 5% annual increase in compensation. “We have to take it to the board every year to ensure it’s on the record,” Miller said.

Normally the Vallecitos School District board meets on the second Wednesday of the month. The board holds two meetings in June, and from time to time a special board meeting may be called.

EDUCATION

Vallecitos approves before-school program and break camp contract

Joe Naiman
Village News Reporter

The Vallecitos School District approved a contract for before-school programs and spring break and summer camps.

A 5-0 board vote Jan. 11 approved the contract with Good Sports Plus, Ltd., also known as ARC. The contract will increase the before-school enrollment program to up to 40 students, the five-day spring break camp will consist of nine-hour daily sessions and will be able to accommodate between 50 and 60 students, and the summer program will be for nine hours each weekday for six weeks and will be able to have between 70 and 80 students.

“We’re going to increase the before-school enrollment,” said Vallecitos Elementary School Principal Maritza Koeppen, who is also the Vallecitos School District superintendent. “We’re going to have a spring break camp, and we’re going to have a

summer camp.”
The school district partnered with Good Sports Plus, Ltd., for a 2021 spring camp which had space for 24 students although only 13 were able to attend on the short notice which was provided. The 2021 spring camp had a student to staff ratio limit of 12:1, and the 2022 camps will have no more than 20 students per staff member.

The 2021 spring camp was for four hours each day and was not held on Good Friday, so it only consisted of four days. The spring camp had art activities and also had a “mad science” component which included “radical reptiles,” an egg drop, and a lava lamp. The summer camp may include field trips.

Good Sports Plus, Ltd., will be paid \$93,735 which covers \$72,900 for the summer camp, \$10,710 for the before-school program, and \$10,125 for the spring break camp. The school district will provide snacks or supper for the students.



Students get up close and personal with reptiles during spring break camp at Vallecitos, April 2021.

Village News / Courtesy photo

Coleman graduates from ENMU

PORTALES, NM – Kameryn Coleman of Fallbrook graduated from Eastern New Mexico University in fall 2021. An in-person commencement ceremony was held at Greyhound Arena on Dec. 11.

ENMU is a state institution offering associate, bachelor’s and master’s degree options.

Submitted by Eastern New Mexico University.

SNHU announces fall 2021 president’s list

MANCHESTER, NH – It is with great pleasure that Southern New Hampshire University recognizes the following students for being named to the fall 2021 president’s list.

Full-time undergraduate students who have earned a minimum grade-point average of 3.7 and above are named to the president’s list. Full-time status is achieved by earning 12 credits; undergraduate day students must earn 12 credits in the fall or spring semester, and online students must earn 12 credits in either EW1 & EW2, EW3 & EW4, or EW5 & EW6.

Those students include five from Fallbrook: Olafur Sveinsson, Tessa Dsouza, Brooke Erinoff, Chelsea Urquhart and John Hollcraft.

Southern New Hampshire University is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 160,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH.

Submitted by Southern New Hampshire University.

FG&MS offers \$1,000 scholarship

FALLBROOK – Fallbrook Gem and Mineral Society is offering a scholarship of \$1,000 to the most qualified applicant. Its goal is to promote higher education in the field of Earth Sciences.

Applicants must: be enrolled in a school or living in Fallbrook, Bonsall, Rainbow, or Pala; must have a minimum grade point average of 2.5; must be enrolled

in or intend to declare as Earth Sciences major; and have an interest in related fields.

- Note the following dates:
- Feb. 28: deadline for receipt of application
 - March Board meeting: delivery of summary by scholarship committee
 - April General membership meeting: award announcement

Interested persons can fill out the online form by requesting an application from the Fallbrook Gem and Mineral Society by email at info@fgms.org, by phone at 760-728-1130 or at <https://fallbrookgemandmineralsociety.wildapricot.org/>

Submitted by Fallbrook Gem and Mineral Society.



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Capture the beauty of Fallbrook & Bonsall - from sunsets and wildlife to downtown and events. Winning photos will be featured in the 2022 Sourcebook!

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Email your photo submissions by 2/15/22 to sourcebook@reedermedia.com

No limit on number of entries!

Please include your name and phone number. Photos must be high resolution to be considered for print. No limit on number of photo entries per person. All winners will be notified by email prior to Sourcebook publication.

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ENTERTAINMENT

BWC holds annual silent auction



BWC Membership Chair Bev York introduces new member Juliann Giurleo at the club's January meeting.



Laurie Criscenti is one of the co-chairs of the silent auction fundraiser for the Bonsall Woman's Club.

BONSALL – The Bonsall Woman’s Club members were refreshed after a joyous holiday fundraising season and ringing in the New Year. Their Jan. 6 general meeting was at full capacity with members anticipating an informative business meeting, socializing and a good program. It is during this meeting that the members bring in their new, or slightly used, items to sell during a silent auction.

Laurie Criscenti and Cheri Marie Poulos were the co-chairs of the Silent Auction program. As hospitality chair, Judy Bresnahan was responsible for setting up tables, etc. for displaying items

available for auction. Once the general meeting had concluded, members were busy ‘shopping around’ and calculating what they hoped would be the winning bid on the item(s) of their choice. They simply wrote down their bid on the sheet next to an item, with the final bidder getting the item.

The BWC meets the first Thursday of the month at the Bonsall Community Center, 31505 Old River Road. The meetings start at 10 a.m. with a program following. For more information, contact bonsallwomensclub@gmail.com.

Submitted by the Bonsall Woman's Club.

Pala Casino Spa Resort to host free viewing party for football’s big game

PALA – Pala Casino Spa Resort is excited to announce a free watch party for football’s Big Game on Sunday, Feb. 13 at Luis Rey’s Sports Bar. Guests can enjoy the action on the 14’ HD jumbotron starting at 2:30 p.m. The state-of-the-art system features lights and sound to offer guests an unparalleled viewing experience.

Day-of event admission is free, but unreserved seating is based on first come first serve availability. Select tables are available for reservations at \$25 per table and seating up to four people each.

The full Luis Rey’s menu will be available during the event, featuring SoCal favorites, tempting starters and a full bar with 16 ice cold beers on draft.

For more information, or to book a table call 877-725-2766 and mention offer PalaMVP22.

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Pala Casino is conveniently located off I-5 and Highway 76 and is easily accessible from all counties in Southern California.

All events and promotions are subject to cancellation without notice. Learn more about the upcoming events at Pala Casino Spa Resort by visiting www.palacasinocom.

Submitted by Pala Casino Spa Resort.



Silent auction co-chair Cheri Marie Poulos holds one of the items donated to the fundraiser.



Phyllis Zenz shows a sample of the centerpieces made for each table at the BWC's January event.

SUDOKU

8			9	7				1
	1	7						
4				5				6
			5			3		
5	8						2	
	3		2	4				
				9			3	2
6				1				4
					4	9	6	

Level: Intermediate

Here’s How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	9	6	4	2	7	1	5	3
8	6	4	9	6	8			
7	4	5	7	4				
2	3	1	8	5	3	2	6	9
7	4	8	6	9	5	1	3	2
5	8	5	6	8	7	4	2	1
5	8	6	7	4	2	9	3	1
2	7	4	2	7	3	9	4	1
1	9	3	1	6	8	5	2	7
4	2	3	8	5	1	7	9	6
6	9	6	2	8	5	3		
3	5	3	8	2	4	6	1	7
1	4	1	2	3	7	9	5	8

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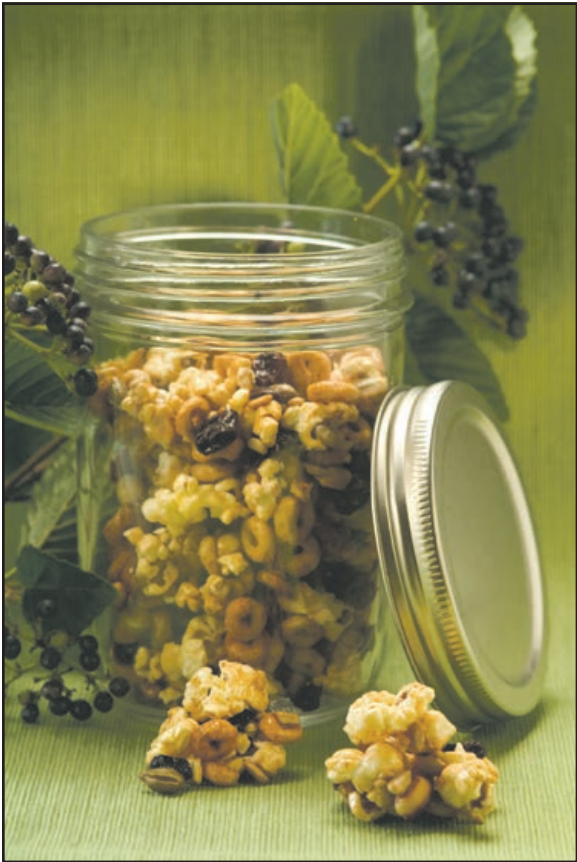
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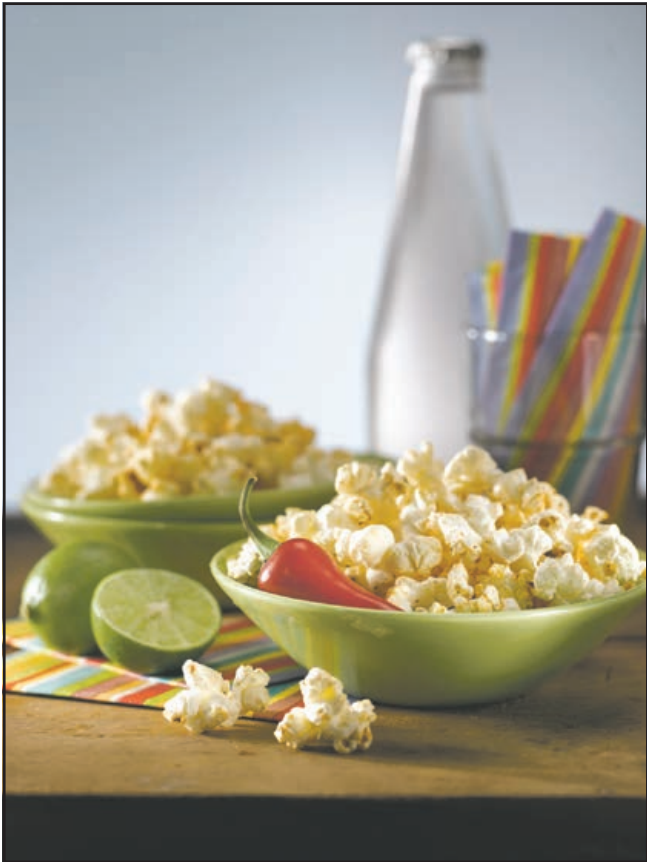
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DINING

National Popcorn Day means heat, eat, celebrate



Crunchy Popcorn Trail Mix



Chili Lime Popcorn Snack



Disco Doodle Popcorn Mix

Courtesy of The Popcorn Board

Jan. 19 was National Popcorn Day, a day bursting with goodness and good taste. National Popcorn Day celebrates one of nature’s most extraordinary foods: popcorn!

Popcorn has the unique ability to literally turn itself inside out, providing whole-grain goodness in a tasty snack.

After the heft of holiday eating,

it’s time to lighten up. If you’re looking to improve your diet this year, add popcorn to the top of your snack list. Just three cups of popcorn equals a whole grain

serving, and we need whole grains! The fiber that comes from this simple seed-to-snack treat will make a body happy.

And popcorn can be flavored to

satisfy any taste as with any one of the following recipes.

Crunchy Popcorn Trail Mix

Easy. Healthy. Stay on the trail with the sustained goodness of popcorn, nuts, and dried fruit.

Yield: 9 cups

Ingredients

- 5 cups popped popcorn
- 3 cups whole grain oat cereal
- 1/3 cup raisins
- 1/3 cup peanuts (or other nuts)
- 1/3 cup sunflower seeds
- 1/4 cup (1/2 stick) butter or margarine
- 6 tablespoon brown sugar
- 2 tablespoon light corn syrup

Directions

1. Stir together popcorn, cereal, raisins and nuts in a large microwavable bowl; set aside.
2. Combine butter, brown sugar and corn syrup in a small saucepan.
3. Heat until boiling; cook for 3 minutes, stirring occasionally.
4. Pour over popcorn mixture, stirring to coat evenly.
5. Microwave 3-4 minutes, stirring and scraping bowl after each minute.
6. Spread onto a greased cookie sheet; cool.
7. Break into pieces and store in an airtight container.

Chili Lime Popcorn Snack

Yield: 1 quart

Ingredients

- 1 quart popped popcorn
- 1 teaspoon nutritional yeast (available in health food stores)
- 1 teaspoon lime juice
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt

Directions

1. Preheat the oven to 300 degrees Fahrenheit.
2. Spread popcorn on a baking sheet.
3. Sprinkle yeast powder, lime juice, chili powder and salt over popcorn.
4. Heat about 7 minutes and toss just before serving. Serve warm.

Disco Doodle Popcorn Mix

Impromptu party? Your guests will never know how easy this recipe is.

Yield: Varies

Ingredients

- Hot popped popcorn
- Butter-flavored salt
- Nuts (peanuts, almonds, etc.)
- Dried fruit (raisins, apricots, dates, etc.)
- Soy nuts
- Pumpkin seeds
- Carob pieces

Directions

1. Set out a large bowl of popped popcorn; sprinkle with butter-flavored salt.
2. Put bowls of any or all the accompaniments around popcorn.
3. Let each person fill a small bowl with popcorn and top with desired health snacks.

SHERIFF’S LOG

Dec. 21		
1100 block Dallas Road	Petty theft	
Dec. 28		
200 block N. Mission Road	Petty theft	
Jan. 3		
100 block Spanish Spur	Burglary	
100 block W. Beech St.	Arrest: Poss controlled subs paraphernalia	
Jan. 5		
900 block Tomorro Lane	5150: Mental disorder 72 hr observation	
Jan. 6		
3000 block Los Campos Drive	Missing adult	
100 block E. Mission Road	Arrest: Use/under infl of controlled subs	
3000 block Rainbow Valley Blvd	Arrest: Poss controlled subs paraphernalia	
2500 block Reche Road	Arrest: Prcs violation	
Jan. 7		
700 block Rainbow Hills Road	Burglary	
200 block E. Fallbrook St.	Personate to get money/prop	
3200 block Via Altamira	Petty theft	
Jan. 8		
200 block Ammunition Road	Arrest: Carry concealed dirk or dagger	
N. Main Ave. @ E. Ivy St.	Arrest: Possess marijuana over an ounce - over 18	
800 block S. Main Ave.	Simple battery	
200 block W. Clemmens Lane	Get credit/etc other’s ID	
1600 block S. Mission Road	Burglary	

Jan. 9		
300 block W. Aviation Road	Burglary	
400 block Debra Ann Drive	Take vehicle w/o owner’s consent/vehicle theft	
1500 block S. Mission Road	Arrest: Poss controlled subs paraphernalia	
1300 block Sycamore Heights	5150: Mental disorder 72 hr observation	
1100 block Alturas Road	Assault w/ deadly weapon: not f/arm	
6300 block Camino Del Rey	Death	
Jan. 10		
1300 block Macadamia Drive	Arrest: Felony other agency’s warrant	
Aerie Heights Road @ Dentro De Lomas	Other agency vehicle theft/recovery	
31300 block Calle De Las Estrellas	Theft by use of access card information	
31300 block Club Vista Lane	Grand theft	
31300 block Club Vista Lane	Petty theft	
300 block E. Alvarado St.	Arrest: Drunk in public: alcohol, drugs, combo or toluene	
31400 block Club Vista Lane	Grand theft	
700 block W. Fallbrook St.	Simple battery/5150: Mental disorder 72 hr observation	
3100 block S. Old Highway 395	Other agency located adult/ juvenile	
300 block E. Alvarado St.	Miscellaneous incidents	
1000 block E. Alvarado St.	Death	
2400 block S. Stage Coach Lane	Child abuse incident	
2400 block S. Stage Coach Lane	5150: Mental disorder 72 hr observation	
Jan. 11		
1100 block Via Encinos Drive	Domestic violence incident	
400 block N. Main Ave.	Simple battery	
600 block E. Elder St.	Found narcotic, narcotic seizure	



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OBITUARIES



Martin Fredrick Balow IV, beloved entrepreneur, chemist and family patriarch died Tuesday, Jan. 11, 2022, at his home in Fallbrook, California surrounded

by his loving family. He was 77 years old.

A lifelong golfer, tennis player and traveler, Marty loved being on the course or courts with friends battling his slice. He was always planning the next exotic trip for his family and his amateur travel agent skills will be missed; he was always on the hunt for the best deal.

Marty was born to Martin Fredrick Balow III of Chicago, Illinois and Rosella Balow nee Benzing of Parkers Prairie, Minnesota. He grew up in Dolton, Illinois with his sister Valerie Balow Foster who passed away in 2015.

Marty was restless and tried a few colleges before finally graduating as a Saluki from

Southern Illinois University. During one hiatus between schools, he was drafted and, due to his amazing powers of persuasion, was dispatched to Korea to send up weather balloons. He was one of the few Privates to venture off base regularly to explore the region, whetting his appetite for food and travel.

As he was finishing his chemistry degree at SIU, he met his wife of 52 years, Guity Pourshirazi. She was his teaching assistant, and he needed all the help he could get. They had one daughter, Michelle Balow Crosby.

He thrived as a paint chemist for 15 years working with United Coatings in Chicago. During a January business trip to Southern California, he realized that he

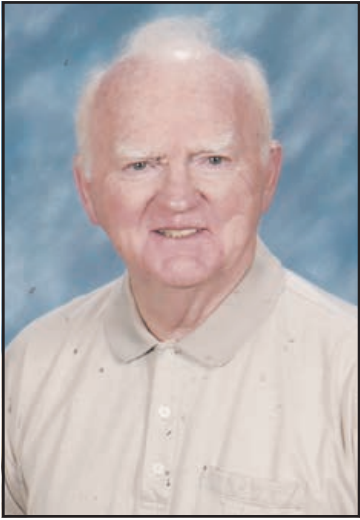
didn't have to endure freezing snow and rain. Marty took a job with Frazee Paint, moved the family to Vista, California and was the happiest guy in town hanging out at the beach or the golf course every weekend. As he had more control of his time, he and his wife traveled the world widely with friends and family.

Throughout his life he would exclaim "Be your own boss!" Twenty years ago, he started his own paint chemical company and lived his dream, mentoring family members and associates along the way. He instilled his positive thinking in everyone around him and encouraged his daughter to run her own business as well.

In addition to his wife and daughter, Marty is mourned by

two beautiful granddaughters, his equally entrepreneurial son-in-law, Christopher Crosby, and his wife's family who have enjoyed his love, support and family BBQs for so many years. He is loved and remembered by his wonderful Midwestern family who taught him to fish and hunt and helped him grow up.

A viewing will be held at Berry-Bell and Hall Mortuary Fallbrook, on Thursday, Jan. 20, 2022, from 4-8 p.m. Interment will be at Riverside National Cemetery TBD. All of his friends and family are welcome to attend a celebration of life at the end of January. In place of flowers, the family requests that donations be made in Marty's honor to the Wounded Warrior Project.



Andrew Forrest Bender passed from this life on Dec. 16. Born Feb. 24, 1931, in Outremont, Montreal, Canada, he was the youngest child and only son of Virginia L'Esperance and Hector Bender.

A descendent of the French-Canadian explorer Louis Jolliet, his family history in North American goes back several centuries.

"Andre" received the French Baccalaureate from Stanislaus College in 1947 and an appointment to Royal Roads Canadian military college in Hatley Park, near Victoria, B.C. He liked to pose a riddle asking how was it that he was in "the navy" twice, first as an officer, then later

as a "swabbie." (Drafted into the United States Navy after moving to the U.S., but before becoming a citizen, he could not be an officer in the U.S. military.)

Eventually receiving a degree from Oregon State University, Andrew worked at engineering jobs for utility companies, but his avocation as an active citizen was what actually consumed much of his time for many years. He served on various commissions and committees in Monterey County and in 2001 was recognized at a dinner in his honor where he received the first Active Citizen Award.

As a youth, although two years

younger than many of his classmates, Andrew excelled in academics, with mathematics being his strength and creative writing his weakest subject. He thought he could not write until he found a passion in writing on issues of interest to him. He wrote numerous letters to the editor and even had a regular weekly column in a local newspaper in Monterey County.

In 2003, after his spouse had retired, the couple moved to East Ridge, a senior community in Fallbrook where Andrew again took up numerous volunteer duties to benefit his residential community. Moving to Fallbrook was a retirement choice and also a return

to the county where he and his wife, Kathy, were married and where son Paul was born. It was at East Ridge where Andrew established his "virtual piano bar" sharing his interest and talent in music, playing the piano for old-fashioned sing-alongs interspersed with a classical piece or two.

Preceded in death by his parents and four older sisters, Andrew leaves numerous nieces and nephews in Canada and in France in addition to his spouse and his son.

Friends are invited to join in remembrance of Andrew's life at 2 p.m., Wednesday, Jan. 26 at Zion Lutheran Church, Fallbrook.

CLASSIFIEDS

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Marion Louise Zorich passed away peacefully on Tuesday, Jan. 4. She was born on April 23, 1925, in St. Paul, Minnesota. She was a long-time Fallbrook resident. Marion is survived by her only son, Bradley Richard Zorich and his wife Dana Pellegrini.

Marion graduated from the University of Minnesota in 1949. She was a trailblazer in the new field of microbiology. Marion's passions were travel and her family. Marion was fortunate enough to visit over 100 countries in her lifetime, never passing by an opportunity to visit and explore somewhere new. She will be missed.



Freda E. Shade passed away on Jan. 9, 2022. She is survived by her six children and many, many grandchildren.

Services are being arranged at Berry Bell & Hall for Jan. 21 at 12 noon.

More information on Freda and her service is available at www.berry-bellandhall.com

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LEGALS

NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST Loan No.: 12609-ACCELER8 REAL ESTATE RESS Order No.: 2021-78062 A.P. NUMBER 223-061-25-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 07/16/2018, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN, that on 01/31/2022, at 10:00AM of said day, At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020, RESS Financial Corporation, a California corporation, as duly appointed Trustee under and pursuant to the power of sale conferred in that certain Deed of Trust executed by ACCELER8 REAL ESTATE GROUP, LLC, A WYOMING LIMITED LIABILITY COMPANY recorded on 07/24/2018, in Book N/A of Official Records of SAN DIEGO County, at page N/A, Recorder's Instrument No. 2018-0301191, by reason of a breach or default in payment or performance of the obligations secured thereby, including that breach or default, Notice of which was recorded 09/16/2021 as Recorder's Instrument No. 2021-0655108, in Book n/a, at page n/a, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, lawful money of the United States, evidenced by a Cashier's Check drawn on a state or national bank, or the equivalent thereof drawn on any other financial institution specified in section 5102 of the California Financial Code, authorized to do business in the State of California, ALL PAYABLE AT THE TIME OF SALE, all right, title and interest held by it as Trustee, in that real property situated in said County and State, described as follows: Lot 23, Tract 02-17 Fair Oaks Valley, of Map 15971 filed 03/21/2014. Refer to Deed of Trust for Full Legal Description. The street address or other common designation of the real property hereinabove described is purported to be: 7524-26 PASEO CRISTAL, CARLSBAD, CA 92009. The undersigned disclaims all liability for any incorrectness in said street address or other common designation. Said sale will be made without warranty, express or implied regarding title, possession, or other encumbrances, to satisfy the unpaid obligations secured by said Deed of Trust, with interest and other sums as provided therein; plus advances, if any, thereunder and interest thereon; and plus fees, charges, and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of said obligations at the time of initial publication of this Notice is \$949,602.06. In the event that the deed of trust described in this Notice of Trustee's Sale is secured by real property containing from one to four single-family residences, the following notices are provided pursuant to the provisions of Civil Code section 2924f: NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this Internet Website www.nationwideposting.com, using the file number assigned to this case 2021-78062. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (916) 939-0772, or visit this internet website <http://www.nationwideposting.com/>, using the file number assigned to this case 2021-78062 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Dated: 12/20/2021 RESS Financial Corporation, a California corporation, as Trustee By: GRACE GROVES, TRUSTEE SALE OFFICER 1780 Town and Country Drive, Suite 105, Norco, CA 92860-3618 (SEAL) Tel.: (951) 270-0164 or (800)343-7377 FAX: (951)270-2673 Trustee's Sale Information: (916) 939-0772 or www.nationwideposting.com NPP0397788 To: VILLAGE NEWS INC 01/06/2022, 01/13/2022, 01/20/2022

T.S. No. 20-20256-BA-CA Title No. 1259115 A.P.N. 168-100-22-02 NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03/05/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state; will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Vincent Polizzi, Melinda Polizzi Duly Appointed Trustee: National Default Servicing Corporation Recorded 04/24/2008 as Instrument No. 2008-0220521 (or Book, Page) of the Official Records of San Diego County, CA. Date of Sale: 02/07/2022 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: \$32,647.97 Street Address or other common designation of real property: 3434 Seabreeze Walk Oceanside, CA 92056 A.P.N.: 168-100-22-02 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The requirements of California Civil Code Section 2923.5(b)(2923.55(c) were fulfilled when the Notice of Default was recorded. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to this case 20-20256-BA-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/27/2021 National Default Servicing Corporation c/o Tiffany & Bosco, P.A., its agent, 1455 Frazee Road, Suite 820 San Diego, CA 92108 Toll Free Phone: 888-264-4010 Sales Line 855-219-8501; Sales Website: www.ndscorp.com By: Rachael Hamilton, Trustee Sales Representative 01/06/2022, 01/13/2022, 01/20/2022 CPP351821

T.S. No. 21-0038-11
Notice Of Trustee's Sale
A.P.N. 228-480-02-33 You Are In Default Under A Deed Of Trust Dated 4/29/2005. Unless You Take Action To Protect Your Property, It May Be Sold At A Public Sale. If You Need An Explanation Of The Nature Of The Proceeding Against You, You Should Contact A Lawyer. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. "See Exhibit "A" Attached Hereto And Made A Part Hereof" Trustor: Lisa R Williams, An Unmarried Woman Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 6/10/2005 as Instrument No. 2005-0490031 of Official Records in the office of the Recorder of San Diego County, California, Street Address or other common designation of real property: 830 W. Lincoln Avenue #186 Escondido, CA 92026 A.P.N.: 228-480-02-33 Date of Sale: 2/7/2022 at 10:30 AM Place of Sale: entrance to the East County Regional Center by the statue, 250 East Main Street, El Cajon, CA Amount of unpaid balance and other charges: \$30,009.44, estimated The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.
Notice To Potential Bidders: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. Notice To Property Owner: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (877) 440-4460 or visit this Internet Website www.mkconsultantsinc.com, using the file number assigned to this case 21-0038-11. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. Notice To Tenant: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (877) 440-4460, or visit this internet website www.mkconsultantsinc.com, using the file number assigned to this case 21-0038-11 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. The Notice to Tenant pertains to sales occurring after January 1, 2021. Date: 1/5/2022 The Wolf Firm, A Law Corporation 1851 East 1st Street, Suite 100 Santa Ana, California 92705 Foreclosure Department (949) 720-9200 Sale Information Only: (877) 440-4460 www.mkconsultantsinc.com Sindy Clements, Foreclosure Officer Please Be Advised That The Wolf Firm May Be Acting As A Debt Collector, Attempting To Collect A Debt. Any Information You Provide May Be Used For That Purpose. Exhibit "A" A Condominium Comprised of: Parcel 1: An undivided fractional interest as tenant-in-common in and to Lot 2 of Escondido Tract No. 433, in the City of Escondido, County of San Diego, State of California, according to Map thereof No. 10189, filed in the Office of the County Recorder of said County, on September 8, 1981. Excepting therefrom all Units, as shown and defined in that certain Condominium Plan entitled "Rock Springs East Phase No. 2, Condominium Plan" recorded on November 6, 1981 as File/Page No. 81-353161 of Official Records recorded in the Office of the San Diego County Recorder, California, hereafter the "Condominium Plan." Also excepting therefrom the right to possession of all those areas designated as "Exclusive Use Common Areas" as shown and/or described upon the Condominium Plan referred to above the Declaration. Parcel 2: Unit LU-186, as shown on that Condominium Plan referred to in Parcel 1 above.
Parcel 3: The exclusive right to the use, possession and occupancy of those portions of Parcel 1 described above that are designated on the Condominium Plan described above as "Balcony," "Patio" or "Storage Space," "Exclusive Use Common Areas," which are shown by symbol thereon followed by the same numerical designated as the Unit described in Parcel 2 above, which shall be appurtenant to Parcel 2 described above. Parcel 4: The exclusive right to the use, possession and occupancy of those portions of Parcel 1 described above that are designated on the Condominium Plan described above as "Parking Space Exclusive Use Common Area(s)" as assigned in that certain "Parking Declaration", or any amendment thereto as may be affected in accordance with the provisions therefor contained in the Declaration and in the Parking Declaration. Published: 1/13/22, 1/20/22, 1/27/22

NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A NOTICE OF DELINQUENT ASSESSMENT. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Date of Sale: 02/09/2022 at 9:00 AM. Place of Sale: AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY THE STATUE, 250 E. MAIN ST., EL CAJON, CA 92020. NOTICE is hereby given that First American Title Insurance Company, a Nebraska Corporation, 1 First American Way, Santa Ana, CA in care of: 400 S. Rampart Blvd, #290 Las Vegas, NV 89145 – Phone: (800) 251-8736, duly appointed Trustee under Notice of Delinquent Assessment ("NDA"), and pursuant to Notice of Default and Election to Sell ("NOD"), will sell at public auction for cash, lawful money of the United States of America, (a cashier's check payable to said Trustee drawn on a state or national bank, a state or federal credit union, or a state or federal savings and loan association, or savings bank as specified in section 5102 of the Financial Code and authorized to do business in this state) all right, title and interest now held under said NDA, to wit: Multiple Timeshare Estates as shown as Legal Description Variables on Schedule "1" (as described in the Declaration recorded on 08/02/2006 as Instrument No. 2006-0547090 as amended) located at 333 N Myers St, Oceanside, CA, 92054 with APN shown herein. The Trustee disclaims any liability for any incorrectness of the street address shown herein. All recording references contained herein and on Schedule "1" attached hereto are in the County of San Diego, California. Said sale will be made, without covenant or warranty, expressed or implied, as to title, possession, or encumbrances, to pay the remaining principal sum due under said NDA, plus accrued interest thereon to the date of sale, estimated fees, charges, as shown in sum due on Schedule "1" together with estimated expenses of the Trustee in the amount of \$600.00. The claimant, Oceanside Vacation Owners Association, Inc., a California nonprofit mutual benefit corporation, under NDA delivered to Trustee a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. First American Title Insurance Company, a Nebraska Corporation. APN: 147-075-08-00. Batch ID: Foreclosure HOA 113326-OP79-HOA. Schedule "1": Lien Recording Date and Reference: 10/11/2021; 2021-0707490; NOD Recording Date and Reference: 10/15/2021; 2021-0719536. Contract No., Legal Description Variables, Owner(s), Sum Due: 1030808075, POINTS: 195000 FREQUENCY: Annual UNDIVIDED INTEREST: 195,000/647,452,000, RAYMOND LEONG, TRUSTEE OF THE AMENDMENT AND RESTATEMENT OF THE RAYMOND LEON 1998 TRUST, DATED JUNE 26, 1998, \$635.67; 1120706510, POINTS: 168000 FREQUENCY: Odd UNDIVIDED INTEREST: 84,000/785,316,000, MICHAEL JOSE TORRES, \$581.21; 1230701831, POINTS: 168000 FREQUENCY: Even UNDIVIDED INTEREST: 84,000/647,452,000, TINA M. WARDLOW, \$614.74; 1230703621, POINTS: 308000 FREQUENCY: Annual UNDIVIDED INTEREST: 308,000/647,452,000, BILLY F. THOMPSON AND JOHAN THOMPSON, \$1,004.08; 1230727224, POINTS: 168000 FREQUENCY: Odd UNDIVIDED INTEREST: 84,000/785,316,000, NORMAN W. JEWELL and RUTH JEWELL, \$614.04; 731106993, POINTS: 210000 FREQUENCY: Odd UNDIVIDED INTEREST: 105,000/647,452,000, ADOLFO J. MARTINEZ and DORA ORRANTIA-MARTINEZ, \$641.70. Published: 01/20/22, 01/27/22, 02/03/22 OP79-HOA

NOTICE OF TRUSTEE'S SALE TS No. CA-21-893784-NJ Order No.: 210535575-CA-VOI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 8/29/2013. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the accrued principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): THOMAS MARINO, SOLE TRUSTEE OF THE MARINO FAMILY TRUST LIVING TRUST DATED FEBRUARY 4, 2002 Recorded: 9/5/2013 as Instrument No. 2013-0550726 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 3/7/2022 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by the statue, located at 250 E. Main St., El Cajon, CA 92020 Amount of accrued balance and other charges: \$457,026.53 The purported property address is: 4385 RAINBOW VISTA DRIVE, FALLBROOK, CA 92028 Assessor's Parcel No.: 108-032-07-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this Notice of Sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the trustee: CA-21-893784-NJ. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916-939-0772, or visit this internet website <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-21-893784-NJ to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. The undersigned trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the mortgagor, the mortgagee, or the mortgagee's attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. Date: Quality Loan Service Corporation 2763 Camino Del Rio S San Diego, CA 92108 619-645-7711 For NON SALE information only Sales Line: 916-939-0772 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-21-893784-NJ IDSPub #0176109 1/20/2022 1/27/2022 2/3/2022

T.S. No. 21-20445-SP-CA Title No. 210345986-CA-VOI A.P.N. 144-270-04-25 NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 05/26/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state; will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Ramon Cui, a married man as his sole and separate property Duly Appointed Trustee: National Default Servicing Corporation Recorded 06/01/2006 as Instrument No. 2006-0386078 (or Book, Page) of the Official Records of San Diego County, CA. Date of Sale: 02/07/2022 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: \$503,283.45 Street Address or other common designation of real property: 795 Harbor Cliff Way, #197 Oceanside, CA 92054 A.P.N.: 144-270-04-25 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The requirements of California Civil Code Section 2923.5(b)(2923.55(c) were fulfilled when the Notice of Default was recorded. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to this case 21-20445-SP-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/30/2021 National Default Servicing Corporation c/o Tiffany & Bosco, P.A., its agent, 1455 Frazee Road, Suite 820 San Diego, CA 92108 Toll Free Phone: 888-264-4010 Sales Line 855-219-8501; Sales Website: www.ndscorp.com By: Rachael Hamilton, Trustee Sales Representative 01/13/2022, 01/20/2022, 01/27/2022 CPP351838



REPUTATION MANAGEMENT	WEBSITE DESIGN
SOCIAL MEDIA MANAGEMENT	LEAD GENERATION
SOCIAL MEDIA MARKETING	SEO & SEM

Call 760-723-7319 reedermedia.com

LEGALS

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9027888
Name of Business
LINKED DESIGNS
1053 Christi Way, Fallbrook, CA 92028
Mailing address: 1053 Christi Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Jesus Mateo, 1053 Christi Way, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 17, 2021
LEGAL: 5701
PUBLISHED: January 6, 13, 20, 27, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9028675
Name of Business
COASTAL CANNABIS COMPANY
1084 La Mirada Ct., Vista, CA 92081
Mailing address 1044 La Mirada Ct., Vista, CA 92081
County: San Diego
This business is registered by the following:
Coastal Wellness, 1084 La Mirada Suite 4A, Vista, CA 92081
This business is conducted by a Corporation
This Corporation was registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 30, 2021
LEGAL: 5702
PUBLISHED: January 6, 13, 20, 27, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000009
Name of Business
EZGO REALTY
955 Vale Terrace Drive, Ste A, Vista, CA 92084
Mailing address: 955 Vale Terrace Drive, Ste A, Vista, CA 92084
County: San Diego
This business is registered by the following:
Jeffrey Charles Golden, 446 Camino Bailen, Escondido, 92029
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 01/01/2022
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2022
LEGAL: 5703
PUBLISHED: January 6, 13, 20, 27, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000863
Name of Business
THE HONEY COMPANY
2672 Gird Road, Fallbrook, CA 92028
Mailing address: 2672 Gird Road, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Clinton Reed Worthington, 2672 Gird Road, Fallbrook, CA 92028
b. Jennifer Hebble Greene, 2672 Gird Road, Fallbrook, CA 92028
This business is conducted by Co-Partners
Registrant first began to transact business under the fictitious name listed above as of 12/31/2021
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 13, 2022
LEGAL: 5710
PUBLISHED: January 20, 27, February 3, 10, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000874
Name of Business
IGLESIA PROFETICA EL TABERNACULO
4210 Massachusetts Ave., La Mesa, CA 91941
Mailing address: 1805 Nicolai Dr. 102, Carlsbad, CA 92011
County: San Diego
This business is registered by the following:
Ministerio Me Unio Jehova, 1805 Nicolai Dr. 102, Carlsbad, CA 92011
This business is conducted by a Corporation
This Corporation was registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 12/19/2021
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 13, 2022
LEGAL: 5711
PUBLISHED: January 20, 27, February 3, 10, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000808
Name of Business
NATE'S APPLIANCE REPAIR
35713 Esperia Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Nathaniel Stephen Matto, 35713 Esperia Way, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 12, 2022
LEGAL: 5712
PUBLISHED: January 20, 27, February 3, 10, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9001130
Name of Business
a. YARA LINGERIE BOUTIQUE
b. NAUGHTY DOLL LINGERIE
117 W. College St., Fallbrook, CA 92028
Mailing address: 436 Morro Hills Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Amal Abdalla Elfarra, 436 Morro Hills Rd, Fallbrook, CA 92028
b. Mohammad B. Elfarra, 436 Morro Hills Rd, Fallbrook, CA 92028
This business is conducted by a Married Couple
Registrant first began to transact business under the fictitious name listed above as of 1-1-2022
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 14, 2022
LEGAL: 5713
PUBLISHED: January 20, 27, February 3, 10, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9001217
Name of Business
CA FRENCHIES
1635 Tarakim Ln, Vista, CA 92081
Mailing address: Same
County: San Diego
This business is registered by the following:
Fix 8 CBD, LLC, 1635 Tarakim Lane, Vista, CA 92081
This business is conducted by a Limited Liability Company
This LLC is registered in the state of Nevada
Registrant first began to transact business under the fictitious name listed above as of 1-12-2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 14, 2022
LEGAL: 5714
PUBLISHED: January 20, 27, February 3, 10, 2022

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9027961
Name of Business
EYE STYLE OPTOMETRY
5814 Van Allen Way. Suite 14-6, Carlsbad, CA 92008
Mailing address: same as above
County: San Diego
This business is registered by the following:
Guru Dutt Sharma, OD A Professional Optometry Corp., 1577 Corte Orchidia, Carlsbad, CA 92011
This business is conducted by a Corporation
This Corporation was registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 01/01/2017
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 17, 2021
LEGAL: 5704
PUBLISHED: January 13, 20, 27, February 3, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000228
Name of Business
CAR TEX CENTER
332 Crownview Court, San Marcos, CA 92069
Mailing address: 332 Crownview Court, San Marcos, CA 92069
County: San Diego
This business is registered by the following:
a. Jim Casale, 332 Crownview Court, San Marcos, CA 92069
b. John Lanza, 4945 Rancho Verde Trail, San Diego, CA 92130
c. James Marsh, 9310 Kestrel Place, San Diego, CA 92129
This business is conducted by an Unincorporated Association-Other than a Partnership
Registrant first began to transact business under the fictitious name listed above as of 07/30/2007
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 05, 2022
LEGAL: 5705
PUBLISHED: January 13, 20, 27, February 3, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9028166
Name of Business
a. MAMALADA
b. MAMASEDAH
c. MAMACOCHA
d. YANACOCCHA
1754 Adalane Place, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Rosa Angelica Zapata, 1754 Adalane Place, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 02/01/2021
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 21, 2021
LEGAL: 5706
PUBLISHED: January 13, 20, 27, February 3, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000332
Name of Business
a. SERVICE SOLUTIONS RESTORATION
b. SERVICE SOLUTIONS CORPORATION
c. SERVICE SOLUTIONS
120 N. Pacific J1, San Marcos, CA 92069
County: San Diego
This business is registered by the following:
Services Solutions Corporation, 120 N. Pacific St. J1, San Marcos, CA 92069
This business is conducted by a Corporation
This Corporation was registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 4/1/2001
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 06, 2022
LEGAL: 5707
PUBLISHED: January 13, 20, 27, February 3, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9000078
Name of Business
A TO Z WIRELESS CELLPHONE AND TABLET REPAIR
1930 S. Coast Hwy #101, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Iverson Manlosa, 2398 Douglaston Gln, Escondido, CA 92026
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 01/01/2022
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2022
LEGAL: 5708
PUBLISHED: January 13, 20, 27, February 3, 2022

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9027283
Name of Business
a. LAS CASITAS
b. CASA DE PERRY
770 Avenida Codorniz, San Marcos, CA 92069
Mailing address: 770 Avenida Codorniz, San Marcos, CA 92069
County: San Diego
This business is registered by the following:
a. David Perry, 770 Avenida Codorniz, San Marcos, CA 92069
B. Katherine Perry, 770 Avenida Codorniz, San Marcos, CA 92069
This business is conducted by a Married Couple
Registrant first began to transact business under the fictitious name listed above as of 12/10/2021
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 10, 2021
LEGAL: 5709
PUBLISHED: January 13, 20, 27, February 3, 2022

NOTICE OF LIEN SALE

Notice is given that pursuant to sections 21700-21713 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code that Citrus Plaza Self Storage LLC, at 202 West College Street, Fallbrook, CA 92028 will sell by competitive bidding, on or after February 15, 2022 at 11:30am, property belonging to those listed below. Auction to be held at the above address. Property to be sold as follows: Household, office & business goods, furniture, appliances, personal items, clothing, electronics, tools, duffle bags/suit cases, electronics, sporting and exercise equipment, miscellaneous boxes, containers & bags with unknown contents belonging to the following:

Perez, Salvador
Feldt, Kyle
Danlag, Marco
Ponce, Vanessa
Holsten, Michael G.

January 20 and 27, 2022

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2022-00001346-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
WILLIAM JEROME LACEY II
Present Name:
WILLIAM JEROME LACEY II
Proposed Name:
WILLIAM JEFFERY LACEY
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.*
NOTICE OF HEARING
Date: 3/1/22 Time: 8:30 AM Dept: 25
The address of the court is North County Division, 325 S. Melrose Dr, Vista, CA 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.
The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).
If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner.
If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.
If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.
A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.
Date: 12 JAN 2022 Signed: Pamela M. Parker, Judge of the Superior Court.
LEGAL: 5715
PUBLISHED: January 20, 27, February 3, 10, 2022

AMENDED ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2021-00046607-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
BRITTANY SEACOMBE
Present Name:
BEAU ALAIN SEACOMBE LARCHER
Proposed Name:
BEAU JAMESIAN SEACOMBE
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.*
NOTICE OF HEARING
Date: February 15, 2022 Time: 8:30 A.M.
Dept: 25
The address of the court is North County Division, 325 S. Melrose Dr, Vista, CA 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.
The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).
If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner.
If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.
If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.
A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.
Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.
Date: 12 JAN 2022 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5716
PUBLISHED: January 20, 27, February 3, 10, 2022

Your photo Published in the 2022 Sourcebook

ENTER BY 2/15/22

We're looking for photos that represent our area to feature in Sourcebook 2022!

1st Prize: \$100 plus photo credit
2nd Prize: \$50 plus photo credit
Featured Photos:
Receive a gift certificate to a local business plus photo credit in Sourcebook if your photo is chosen for print.

Email your photo submissions by 2/15/22 to sourcebook@reedermedia.com

Please include your name and phone number. Photos must be high resolution to be considered for print. No limit to number of entries per person. All winners will be notified by email prior to Sourcebook publication.

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2021-00052891-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
JOSEPH MANUEL ARELLANO
Present Name:
JOSEPH MANUEL ARELLANO
Proposed Name:
JOSEPH JAMES FOURNIER
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.*
NOTICE OF HEARING
Date: 2/8/2022 Time: 8:30 AM Dept: 25
The address of the court is 325 S. Melrose Dr, Vista, CA 92081 North County Regional Center
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.
The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).
If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner.
If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.
If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.
A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.
Date: DEC 20 2021 Signed: Pamela M. Parker, Judge of the Superior Court.
LEGAL: 5700
PUBLISHED: December 30, 2021, January 6, 13, 20, 2022

NOTICE OF TRUSTEE'S SALE

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/17/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.
A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.
Trustor: **Justina S Mendoza, a widow**

Duly Appointed Trustee: **ZBS Law, LLP**
Deed of Trust Recorded on **06/24/2005**, as Instrument No. **2005-0535728** of Official Records of **San Diego County, California**;
Date of Sale: **02/14/2022 at 10:30 AM**

Place of Sale:
At the entrance to the East County Regional Center by the statue, 250 E. Main Street El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: **\$148,024.52**
Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed.
Street Address or other common designation of real property: **1616 CALLE BIENVENIDO VISTA, CA 92084-3252**

Described as follows:
As more fully described on said Deed of Trust.
A.P.N. #: **173-411-17-01**

The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call **866-266-7512** or visit this Internet Web site **www.elitepostandpub.com** using the file number assigned to this case **21001672-1 CA**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call **866-266-7512** or visit this Internet Web site **www.elitepostandpub.com** using the file number assigned to this case **21001672-1 CA** to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase.

Dated: **01/14/2022**
ZBS Law, LLP, as Trustee
30 Corporate Park, Suite 450 , Irvine, CA 92606
For Non-Automated Sale Information, call: (714) 848-7920
For Sale Information: 866-266-7512 or **www.elitepostandpub.com**

Michael Busby, Trustee Sale Officer

This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of a bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation. EPP 33875 Pub Dates 01/20, 01/27, 02/03/2022

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

villagenews.com

Shoot to WIN! photo contest!

We're looking for photos that represent the Fallbrook & Bonsall area!

Capture the beauty of our area - from landscapes to popular events. Winning photos will be featured in the 2022 Sourcebook!

1st Prize: \$100 Plus photo credit in Sourcebook
2nd Prize: \$50 Plus photo credit in Sourcebook

Featured Photos:
Receive a gift certificate to a local business plus photo credit in Sourcebook if your photo is chosen for print.

Email your photo submissions by 2/15/22 to sourcebook@reedermedia.com

Please include your name and phone number. Photos must be high resolution to be considered for print. No limit on number of photo entries per person. All winners will be notified by email prior to Sourcebook publication.

THE GREATER FALLBROOK AREA SOURCEBOOK



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DRE# 02104579



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DRE# 01450115



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DRE# 01934791



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DRE# 02037408



JUDY & PATRICK
BRESNAHAN
DRE# 00949710, DRE# 00582591



NANCY SCHRIMPF
DRE# 01916190



JERRY & LINDA
GORDON
DRE# 01140954, DRE# 01035328



JEAN E. ESOP
DRE# 01003649



JANE FELTON
DRE# 01942026



1431 Banyan Drive, Fallbrook \$949,000



1345 Brooke Glen, Fallbrook \$899,000



4771 Caminito de los Cepillos, Bonsall \$1,649,000



960 Ranger Road, Fallbrook \$1,595,000



0000 W. Lilac Rd. C, Fallbrook \$499,500



00 Chisholm, Bonsall \$1,985,000



Great Location in Menifee

Nicely remodeled 2006 Mfg home on permanent foundation. Has been used as a residence and also office space in the past. 3,040 sf, 4BD, 3BA structure on 1.15 acre parcel. 6 car detached garage structures. Plenty of parking and flexible zoning EDC-NR. Zoning may allow for professional office, extended care, home healthcare and more. Buyers to verify potential uses with the city of Menifee. Great location close to everything including I-215 freeway, shopping, dining and more!

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Just outside gated Champagne Crest on a lovely cul-de-sac with westerly views. This parcel is just waiting for your ideas. Comes with a 3/4" water meter and septic needs updating. Just minutes from the 76 freeway for commuting. \$229,999

Jerry & Linda Gordon

Jerry: 760-519-5279 CalBRE #01140954
Linda: 760-519-7199 CalBRE #01035328
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IN THE FALLBROOK VILLAGE

Free standing larger unit is located in the upper section. Move in ready with many nice updates. Peaceful setting with views of the hills and our community. 54 single story unites, pool/spa and clubhouse. Offered at \$595,000

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DRE# 00612840



Coming Soon!

Single story 3BD, 3BA ranch style home w/ Bonsall breezes. 2 car garage + 2 car grg & RV parking (220V). New kitchen appliances. Large open floorplan w/fplc & vaulted beamed ceiling off of the kitchen & patio. 3rd bedroom/office with barn door. Bonsall School District. Parking galore! Available 1/24. \$725,000

GERI SIDES,
GRI, BROKER ASSOCIATE

1ST IN CUSTOMER SERVICE AWARDS

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DRE# 00414751



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